

BULLETIN

OF THE
HEALTH DEPARTMENT
ASHEVILLE, N. C.

No. 1

July, 1910

Care of Typhoid Fever


"EVERY CASE OF TYPHOID FEVER IS CAUSED BY SWALLOWING THE GERMS WHICH CAME FROM A PREVIOUS CASE OF THE DISEASE.

ALL THE DISCHARGES FROM A PERSON ILL WITH
TYPHOID FEVER ARE FULL OF THESE
GERMS."

"THE CASE OF TYPHOID FEVER NOW IN YOUR HOUSE WAS CAUSED BY THE CARELESSNESS OF SOMEONE; DON'T LET YOUR CARELESSNESS CAUSE THE ILLNESS, AND MAYBE THE DEATH, OF OTHERS."

V. B. Bostic,

City.

 Preserve this Pamphlet and Follow its Directions to the Letter !

HEALTH DEPARTMENT OF ASHEVILLE

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Residence, 124; Office, 390.
W. H. BIRD, Sanitary Inspector, Phones: Resi-
dence, 374; Office, 152; Stable, 294.
L. M. McCORMICK, Meat and Milk Inspector,
Phone, 152.
ERNEST ISRAEL, Sewer and Plumbing Inspector.
W. FRANCIS, Water Superintendent.

TYPHOID FEVER

ITS CARE AND PREVENTION

WHAT IS TYPHOID FEVER? It is an infectious disease caused by a little organism or plant called the *BACILLUS TYPHOSUS*.

HOW IS TYPHOID FEVER COMMUNICATED FROM ONE PERSON TO ANOTHER? These little organisms or plants must be transferred from an infected person to a well one in order to produce the disease in the other person, and the well person must take them into his system through his mouth. The person ill with Typhoid gives off these little organisms in his feces (evacuations from bowels), urine, sweat, and perhaps in his saliva. These organisms may be transferred from the sick to the well by the nurse handling the patient or the linen, or getting her hands soiled while emptying and washing the chamber or bed pan, then handling food or vessels used

in eating or drinking without thoroughly washing her hands; the nurse or attendant, or any member of the family who waits on the sick, may infect themselves in the same manner; or the germs may be transferred to a well person by allowing the feces or urine to contaminate the drinking water, as by throwing on the ground near a well or spring, the water of which is being used for drinking purposes, for washing milk cans or milk bottles, washing the udder (milk sac) of the cow before milking, or the hands of the milker before milking, or vegetables, apples, berries, etc., that are used for food without cooking.

THE HOUSE FLY

With our excellent water supply and our splendid milk inspection, we can safely say that little if any of our Typhoid can be traced to these sources. There remain two main sources of infection—by contact as outlined when speaking of the nurse or attendant, and by the common house fly, now often called the *TYPHOID FLY*. The house fly lives on all kinds of filth. Should the evacuations from a Typhoid patient be set down for a moment UNCOVERED, numbers of flies will settle on it immediately; should it be thrown on the ground the same thing occurs. When the flies are disturbed they fly away to disport themselves in ghoulish glee by taking a bath in the milk or cream, or by crawling over any food, cakes, fruit or other edibles that may be within their reach, and often onto the hands, face and lips of other members of the family, with a special preference for the baby and his bottle, and may infect any one or all of the family with Typhoid. Likewise, if the fly is permitted in the sick room they will crawl over the patient bathing their feet in the patient's sweat and when the patient is very ill crawling over his lips and even into his mouth and then fly away to infect food and people.

If there is a case of Typhoid Fever in your neighbor's house the flies may visit your kitchen and your family and

infect you or your loved ones. It is stated that 100 cases of Typhoid in one city block in New York City were caused by the house fly.

THEN HOW SHALL WE PREVENT TYPHOID FEVER?

1st. Keep the flies out of the sick room, and out of your kitchen and dining room; (a) by screening the doors and windows (if you are unable to place permanent wire screens in the openings, use mosquito netting); (b) by killing all the flies that may accidentally enter by the use of flap jack, sticky fly paper or poisons.

2nd. Kill all the Typhoid Bacilli before they leave the sick room. (a) By using boiling water over or by boiling all things that may come in contact with the patient, if such be possible; or, by soaking in an antiseptic solution for two hours. The disinfectant solution recommended is a 5% solution of 95% pure Carbolic Acid made by using 6 ounces, or 12 tablespoonsfuls, of Carbolic Acid to one gallon of water. The towels, handkerchiefs, bed linen, night gowns and all other things that come in contact with the patient should be soaked in this solution, using plenty to cover them thoroughly, for 2 hours, and if sent to the laundry they should be sent out wet, if washed at home or sent to hand laundry or washerwoman they should in addition be boiled for half an hour before they are handled. Likewise, all the discharges from the patient (faeces, urine and sputum) should be placed in an equal quantity of this solution and allowed to remain in a covered vessel for one hour, then emptied into the water closet or privy bucket. Then the vessel should be washed in boiling water and a small quantity of the disinfectant placed in the vessel or bed pan to remain until used again. The patient should be bathed in this solution once daily—not however unless the physician in attendance has first been consulted and has given his approval. The compound solution of Cresol (Liquor Cresolis Compositus, U. S. P.) may be

used in the same way and in the same strength as pure Carbolic Acid. Dr. F. F. Russell, Major U. S. A., has used this extensively in the disinfection of excretions from patients suffering from Typhoid among the troops. He has demonstrated by bacteriological experiments in the laboratory that it is a more efficacious disinfectant than carbolic acid. He says that it mixes readily with water, does not harm the linen, but on the contrary makes it easier to wash. He recommends washing the floors and furniture with this solution. It lends itself admirably to this purpose as well as to the disinfection of linen, because it partakes largely of the nature of soap. Cresol is cheaper than carbolic acid.

Never throw any of the evacuations from the patient upon the ground.

3rd. To prevent contact infection, no one but the nurse or member of family who takes care of the patient should be allowed in the sick room. The nurse should eat or drink nothing that has been in the sick room, and all left overs should be burned or disinfected and poured into sewer or privy bucket. The knives, forks, spoons, glasses and other dishes used by the patient should be for his exclusive use and should be washed in boiling water each time they are used and should be thoroughly boiled in water to which a small quantity of washing soda has been added, after the patient's recovery, before they are again placed with like things used by the other members of the family. The nurse should always wash her hands thoroughly with soap and water and then rinse them in the disinfectant solution immediately after touching the patient or anything that has been contaminated by the discharges from the patient. She should never put her fingers to her mouth while in the sick room, or touch any article of food or drink, until she has washed and disinfected her hands.

Do not take a milk bottle left by the dairyman into the sick room, but have the milk emptied into some other con-

tainer, wash the bottle with boiling water and return to the dairyman. Never put money or a milk ticket into a milk bottle.

Admit all the air and sunshine possible into the sick room.

It has been proven that a person once infected with Typhoid Fever may carry the bacilli in his intestines for weeks, months, and even years. These persons are known as "Typhoid Carriers." There is a colored woman in New York City who has been a Typhoid Carrier for many years, she is now known as "Typhoid Mary," and every family for whom she cooked had one or more cases of typhoid fever. The Health Department investigated the matter thoroughly and found that she still had the Typhoid bacilli in her intestines and expelled them in her faeces. She was brought up before the court and sentenced to the island, but afterwards was allowed to work in the research laboratory where she could be required to take proper hygienic precautions. Several epidemics of Typhoid Fever caused by milk have been traced to one of these "Typhoid Carriers" working in the dairy. An epidemic of some 30 cases in Richmond, Va., occurring among the employees of a large establishment was traced to a man, a "Typhoid Carrier," who handled the ice that was used in the drinking water. The man was placed at other work and no further cases occurred.

It is necessary then that a typhoid patient should observe great care for weeks and months after his recovery. He should not allow the discharges from his body to be deposited upon the ground and he should always wash his hands thoroughly with soap and water immediately after relieving himself, certainly before he puts his fingers to his mouth or touches anything that may afterwards be placed in the mouth, in fact it would be well for him to observe this rule for the remainder of his life, and it would be well for those of us who have never had Typhoid to follow this rule. From the standpoint of cleanliness

it should appeal to our better judgment, and then there are other diseases that may be communicated in this way.

The Health Department of the City of Asheville is anxious that every case of Typhoid Fever that comes into our city shall receive care and treatment, and they are just as anxious that no case shall be contracted in the city. To this end an inspector will visit every case of Typhoid occurring in the city and give any explanation of these instructions that may be desired, make any investigations and do any and all things that may be considered wise and proper to prevent the spread of the disease to another person, but in no case will he suggest any treatment for the patient. If his services are desired at any time 'phone 152.

The Health Department desires to call the attention of the people of Asheville to the fact that most of our cases of Typhoid are very mild, and that the disease can be transmitted in the very earliest stages; and to the necessity of calling your family physician for the very slightest indisposition during the summer and fall months, so that should you have a mild case of Typhoid, your family and neighbors may be properly protected.

Copies of this pamphlet may be obtained without cost by applying to the Health Department.

ASHEVILLE, N. C.

Population: White, 24,000; colored, 6,000.

Climate—From U. S. Weather Bureau:

Mean average annual tem.....	54.7
Maximum, July 9, 1907.....	91.
Minimum, Feb. 14, 1905.....	-6.
Average daily range of tem.....	18.
Average annual recorded rain-fall.....	42.25 inches
Average annual sunshine, per cent. of possible.....	59 2-7
Average annual clear days, 0 to .3, cloud.....	121
Average annual partly cloudy .4 to .7.....	131
Average annual cloudy .7 to .1.....	111

WEATHER REPORT FOR JUNE, 1910

Temperature:

Highest, 86. Lowest, 44. Mean, 65.

Total rainfall, 5.44 inches.

Clear days, 5. Partly cloudy, 16. Cloudy, 9.

Sunshine record, 48 per cent. of possible amount.

WHO'S WHO, AND WHY

Asheville, from her home on the western slope of the Apyalachians—welcomes so many of the injured in life's battles from less favored climates that a few words about her characteristics may be timely. She is a particular dame in regards to drinking. With two beautiful mountain streams that would be the pride of many cities rushing by her door, she has insisted on having a cup beyond suspicion of pollution and so has purchased a mountain valley eighteen miles back in the big hills which she absolutely controls; and has spent more than half a million in bringing the sparkling water from it to her children's lips.

She has provided paved streets, a mile for every thousand of population, and keeps them clean, washing several miles every day with pressure tank and scrubbing brushes. No dust-raising street sweeper for her.

The dairy farms supplying milk are under rigid inspection, and the 1000 cows in them must not only APPEAR healthy, but must pass a tuberculin test yearly.

Her markets are carefully guarded and her meats, fruit and vegetables receive careful scrutiny.

Her fire department is the pride of the State and the envy of other towns. The fire laddies "get there" so quickly that it is not much fun chasing after them. Nine times out of ten, all the fun is over before you can catch up.

Her mountain air calls many health seekers, and while welcoming all—she insists that they shall so live while here as not to menace her own people. Every room occupied by a victim of the Great White Plague must be disinfected BY A CITY OFFICER before it is used by another party.

This is accomplished by the cordial and active co-operation of the (1) Medical profession who cheerfully report all cases to the (2) Health Department that keeps the records, and co-operates with the (3) Boarding houses, Hotels, and private families to carry into effect the city laws.

Asheville's standard is not to do things as well or better than others—but find the best and get it.

Years ago she decided that public expectoration was a menace to health and lead the nation in a crusade that has called attention to the practice, placarded practically every street car and railway coach in the United States with a warning, and fined innumerable violations of public decency in this respect, in every corner of the land.

Asheville did not wait for the world at large to wage a campaign against the house fly, but tackled the job on its merits, as she saw them, and is recognized in every part of the country as a leader in what is now a national movement.

You don't need to "Watch Asheville." She is here!

DEATH'S MESSENGER



NIP HIM IN THE BUD **CLEAN UP THE NEIGHBORHOOD**

Copyright by City of the Asheville Citizen

<p>Typhoid Fever, Diphtheria, Scarlet Fever, Cholera - Infantum and Consumption May be carried to Your Home by the FLY, if Your Neighbor is CARELESS!</p>	<p>FLIES Breed in FILTH, Live on FILTH, and are Evidence of Neglected Filth in the Neighborhood. CLEAN UP THE NEIGHBORHOOD!</p>
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DESTROY THE FLY AND PROTECT YOUR FAMILY

Don't Allow Flies in Your House—Screen and Poison.
 Don't Permit them Near Your Food—Especially Milk.
 Don't Buy Food from a Merchant Who Tolerates Flies.
 Don't Allow a Breeding Place for Flies on Your Premises.

THIS MEANS Uncared-for Manure Piles, Horse Stables, Garbage Barrels and Privies. Keep Your OWN Garbage Cans Screened and Disinfected, YOUR Stable Manure in Fly-Tight Receptacles, and if Necessary Apply to Police for Protection from Your Neighbor's Carelessness.

The laws of Asheville provide that:
 Sec. 585. Every person shall not be exposed for more than six days
 Sec. 586. Fly-proof lines with water-tight doors, must be provided where
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 Sec. 588. Fly-proof lines with water-tight doors, must be provided where
 Sec. 589. Every person shall not be exposed for more than six days
 Sec. 590. Fly-proof lines with water-tight doors, must be provided where

THE ASHEVILLE BOARD OF HEALTH

A NATIONAL MOVEMENT

The campaign against house flies opened in Asheville by the Buncombe County Medical Society in 1905, and in Washington, D. C., and New York

the next year, has in the last five years become a national movement, receiving attention in most of the leading magazines, weeklies and daily papers. The Asheville poster was used by Dr. D. D. Jackson, of New York in the current Review of Reviews, as a type of what can be done by this means in calling public attention to an animal "REGARDED IN THE LIGHT OF RECENT KNOWLEDGE AS MORE DANGEROUS THAN THE TIGER OR COBRA."

STATE BOARD OF HEALTH

The Bulletin of the North Carolina State Board of Health will be sent free to any citizen of the State upon request.

This bulletin is edited by Dr. W. S. Rankin, Secretary of the Board, and each number is well worth the attention of all persons interested in conserving the greatest source of wealth in the State, the Public Health.

The current number is particularly good, dealing with typhoid fever, flies and open privies. "This triad of fifth forms the links of a chain that manacles the strength of 350,000 Americans for an average period of six weeks every year, and drags into premature graves, 35,000."

Get your name onto their mailing list by sending a request card to Dr. W. S. Rankin, Raleigh, N. C.



BULLETIN

OF THE
HEALTH DEPARTMENT
ASHEVILLE, N. C.

No. 2

October, 1910

Surface Closet

How to Build and Maintain a Sanitary Closet

“BUT THE PRINCIPLES OF SANITATION ARE EVERYWHERE THE SAME
—THE GOVERNMENT MUST DO THOSE THINGS THAT ARE NECES-
SARY TO THE COMMUNITY WHICH THE PEOPLE CANNOT
DO FOR THEMSELVES, AND IT MUST COMPEL EVERY
ONE TO LIVE IN SUCH A WAY THAT HE WILL
NOT BE DANGEROUS TO OTHERS.”

—From *Ritche's Primer of Sanitation.*

“SANITARY INSTRUCTION IS EVEN MORE IMPORTANT THAN SANITARY
LEGISLATION.”

—*The Earl of Derby, England's Eminent Legislator.*

THE INLAND PRESS, ASHEVILLE, N. C.



Preserve this Pamphlet and Follow its Directions to the Letter!

HEALTH DEPARTMENT OF ASHEVILLE

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dence, 374; Office, 152; Stable, 294.
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Phone 152.
ERNEST ISRAEL, Sewer and Plumbing Inspector
W. FRANCIS, Water Superintendent

Standard Privy for The City of Asheville

The following rules are prescribed for the construction of surface closets in the city of Asheville, and all surface closets now in existence must be brought up to this standard:

THE LAW: "Sections 461 and 505, Bourne's Asheville Code, read as follows:

SEC. 505. That each and every building in said city, used as a dwelling, store, livery stable, tenement house, mill or foundry, shall be provided by the owner thereof with water closet, privy or surface closet where said privy or surface closet can lawfully be maintained; * * * and anyone violating any of the provisions of this section shall be subject to a penalty of twenty-five dollars for each and every such offense,

"SEC. 461. That no privy or surface closet shall be erected or maintained on any premises in said city to which a sewer and water line is conveniently accessible, and no privy or surface closet shall be erected in the city except under the direction of the Health Officer, who shall determine its location and prescribe rules for the construction of all such closets; and anyone erecting or maintaining any privy or closet contrary to the provisions of this section shall be subject to a penalty of ten dollars for each and every such offense."

THE BUILDING: The surface closet must be fly-tight and practically air-tight, except for the vent and vent-flue. The building may be constructed of

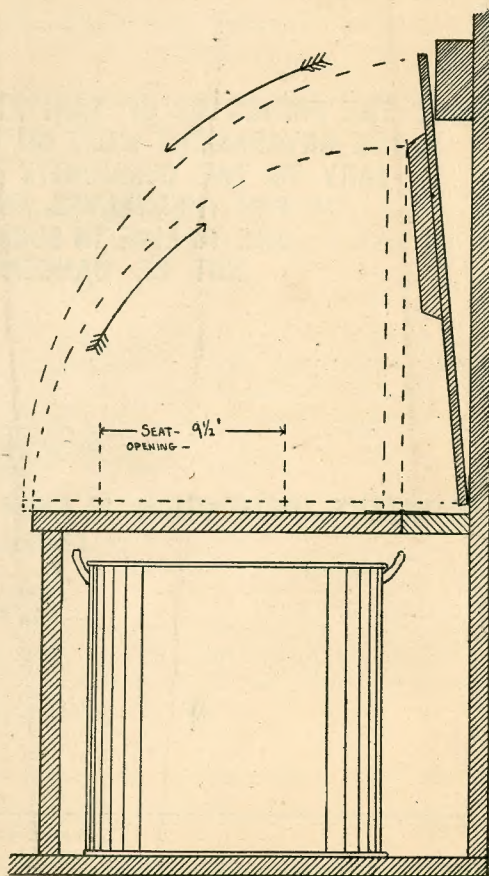


Fig. 1

flooring plank, of ceiling plank, of inch boards with the cracks covered with three-inch straps, or of weatherboarding, but the flooring plank is recommended as preferable; all of which plank must be free of knot holes. The vents or windows in the building and the vent in end of night soil box and the top of vent-flue must be covered with fourteen-mesh copper wire gauze. The door may be built of the same material as the building if desired, but must fit tightly when closed and must have attached to it a weight and pulley or a spring that will keep it closed. There must be at least two vents, one in either side of the building, (See Fig. 5), and if there should be four, one in either end, it will be better.

The roof may be sloping and made of flooring plank covered with ruberoid roofing or shingles, or may be a combed roof or a hip roof as may be desired, the sloping roof being cheaper. Figures 4 and 5 indicate size of building, the sloping roof being used.

The floor of the privy is tightly laid with tongue and grooved flooring plank, and is laid before the sides are built, covering the entire ground frame of the building. There is no opening left in the sides or ends of the wall, but both

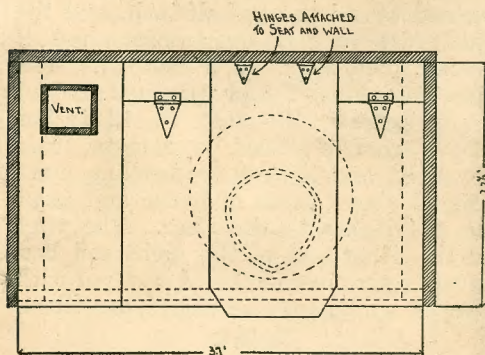


Fig. 2

sides and both ends come down to the floor. A piece of timber 2x4 inches belts the sides and ends on the inside 36½ inches from the floor, 20 inches

from seat; this serves to give added strength, and where the lid of the night soil box opens to cause it to close by gravity. (See Fig. 1).

THE NIGHT SOIL BOX. This is the most important part of the closet and must be built in all closets that are

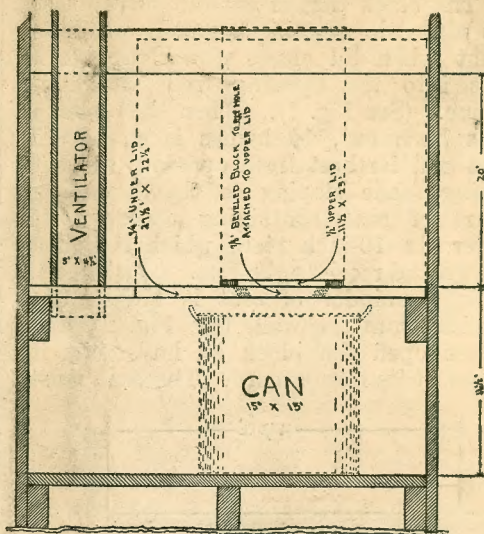


Fig. 3

remodeled. The night soil box is placed in end of privy. The floor of privy is the floor of the box, the ends and back side of box are the sides and end of privy. The front of box is made of tongue and grooved flooring plank and should be 16½ inches high. The top of the box, which is the seat, is 22½ inches, (See Fig. 2). A plank 3½ inches wide is nailed down at the rear, to which the remainder of seat 19 inches is hinged (See Fig. 2). This top or seat is made of jointed and glued inch boards with two or more cleats nailed across under side (the wider the boards used the better). After the seat is made the opening is cut as follows:

Take a compass with the radius set for 4½ inches, make a circle, the posterior edge of which shall be 3 inches from the posterior edge of hinged part of seat. Then set the compass so that radius will be 3¾ inches and make another circle, the posterior edge of which shall

come to center of former circle, the anterior edge will then come within 4 inches of anterior edge of seat. Then saw with the outside lines, the cut being made tapering. This will give an oblong opening 12 inches in its longest diameter.

The block that is cut out of the seat to make the opening is nailed to lid, so that when lid closes down the block fits into the opening from which it came. (See Fig. 1). When the opening has been cut, 10 inches is sawed off the end farthest from opening, the cut being made sloping so that the long part of seat containing opening fits over the 10-inch piece which is nailed down and receives the flue. (See Fig. 2). The remainder of seat is hinged $3\frac{1}{2}$ inches from the wall, (see Fig. 2), and when open the block on lid makes it close of its own accord. The seat must

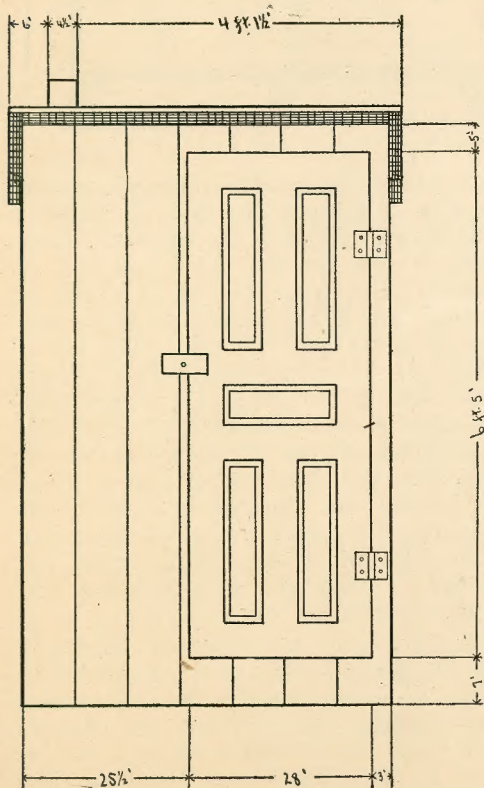


Fig. 4

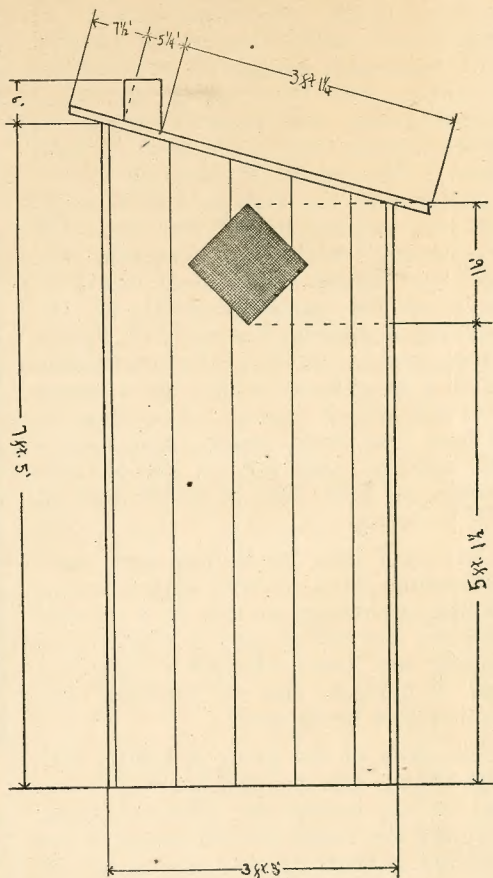


Fig. 5

extend over box one-half inch, and the lid must extend over seat one-half inch. (See Figs. 1, 2 and 3). The flue, (see Figs. 2 and 3), must extend from beneath the seat to 12 inches above roof if closet is remote from dwelling, and if close to dwelling must extend above eaves of house and must be 4x4 inches in the clear. The vent in the other end of the night soil box must be six one-inch holes, covered with copper wire gauze as above described.

PAINT

The night soil box must be painted inside and out with asphaltum paint, to prevent cracking and warping of plank. It is preferred and recommended that the outside of the surface closet building be painted.

THE RECEPTACLE. The receptacle for the night soil shall be a galvanized iron bucket 15x15 inches with handles on the side, (see Figs. 1 and 3), and the same will be furnished free of cost upon application to the Sanitary Department, City Hall, when the privy has been brought up to the standard. Every part of the privy must be kept scrupulously clean, and frequent inspections will be made to see that this requirement is carried out.

The city will remove the night soil and clean and disinfect the buckets as provided in Section 464 c. Bourne's Asheville Code, and make a charge therefor of seventy-five cents per quarter in advance against the owner of the closet as provided in Section 464 d. Bourne's Asheville Code:

SEC. 1. That Bourne's Asheville Code be amended by adding the following Sections thereto:

SEC. 464 a. That all privies or surface closets in said City of Asheville shall be thoroughly cleaned and disinfected at least once in every fifteen days.

SEC. 464 b. That no person shall, in said City, deposit any human fecal matter in any place except in some properly constructed privy or water closet, nor shall any person, having removed the contents or any part thereof of any privy or surface closet in said City, deposit, place or bury it anywhere other than in a dumping station erected and maintained for that purpose.

SEC. 464 c. That no part of the contents of any privy or surface closet shall, in said City, be transported through or over any streets or highways, except as the same shall be removed and transported by means of some tight-covered receptacle or apparatus, pneumatic or other process, so as to prevent the contents from being agi-

tated or exposed to the open air during the process of such removal or transportation.

SEC. 464 d. That all persons owning property on which is located privies or surface closets, in said City, upon their failure to clean or have cleaned any such privies or closets as herein required shall pay to the City of Asheville in advance the sum of Three Dollars a year, payable quarterly, for cleaning the same.

SEC. 2. That any person or persons violating any of the provisions of this ordinance shall, upon conviction, be subject to a penalty of Twenty-Five Dollars.

SEC. 3. That this ordinance shall be in force and effect from and after the first day of August, 1910.

If desired a larger or more expensive closet may be built. Several closets may be built together, or a larger closet may be built with two openings. In either case only one vent flue and one vent in end of seat will be needed. But when a closet is built in sections or when more than one opening is had, a charge of seventy-five cents per quarter for each opening will be charged for cleaning.

This closet can be used for an outside water closet, when water and sewer are had, without additional expense.

A surface closet as above described may be seen at the city stables, corner of Valley and South Beaumont Streets.

This order is in effect from and after this date, October 1, 1910.

L. B. McBrayer

Health Officer.

ASHEVILLE, N. C. WHAT OTHERS THINK OF US

Population: White, 24,000; colored, 6,000.

Climate—From U. S. Weather Bureau:

Mean average annual tem.....54.7

Maximum, July 9, 1907.....91.

Minimum, Feb. 14, 1905.....-6.

Average daily range of tem.....18.

Average annual recorded rainfall, 42.25 inches

Average annual sunshine, per cent. of possible.....59 2-7

Average annual clear days, .0 to .3, cloudy:.....121

Average annual partly cloudy, .4 to .7, 131

Average annual cloudy, .7 to .1.....111

WEATHER REPORT FOR AUGUST, 1910

Temperature:

Highest, 85. Lowest, 54. Mean, 65.

Total rainfall, 9.12 inches.

Clear days, 9. Partly cloudy, 13. Cloudy, 9.

Sunshine record, 59 per cent of possible amount.

ASHEVILLE'S APPRECIATION OF PUBLIC HEALTH

The city of Asheville, more than any other city in this State—very probably more than any other city in the South—appreciates the fundamental value of her health.

With wise and well-enforced meat and milk inspection regulations, with ordinances prohibiting the fly-breeding stable and that typhoid reservoir—the open privy, with enforced laws requiring the registration of tuberculous patients and disinfection of their quarters after removal, and best of all, with an annual appropriation of \$20,000 to enforce these laws and educate the people regarding the care and the value of their health, Asheville makes herself thoroughly worthy of her enviable reputation as a health resort.

Think of it! Asheville spending \$20,000 on the health of 30,000 people; North Carolina spending \$8,500 on the health of 2,000,000 people. Asheville spending 66 2-3 cents per capita on health.

The anti-fly cartoons gotten out by the wide-awake Asheville Health Department, which we reproduce elsewhere in this BULLETIN, are very instructive. These cartoons have attracted wide attention. Indirectly, they have resulted in the death of several billion flies and saved many lives.—(Bulletin N. C. Board of Health).

MEAT INSPECTION SERVICE

The inspection of meat at the Asheville Packing Company's new slaughter house was inaugurated August 8, 1910. An inspector is on duty to watch all killing, and his work is checked every day, as soon as killing is over, by the city meat inspector—who examines all carcasses and important vicera, and sees that meat passed for food is properly marked, and that condemned meat is tanked. During August, 289 cattle, 440 sheep, 8 cows and 1 hog were inspected, 250 pounds being condemned and tanked.

HEALTH DEPARTMENT **Asheville, N. C.** **POLICE SANITARY INSPECTION**

Mr. No. St.

Sir: An inspection of your property at No. St. shows that you are not complying with the city ordinances, which provide:

Sect. 505. That each and every building used as a dwelling, store, livery stable, etc., shall be provided BY THE OWNER THEREOF with a water closet or privy.

Sect. 461. That no privy shall be erected or maintained on any premises accessible to sewer and water, or * * * not conforming to the rules of the Health Officer in regard to construction and location.

The Health Officer rules and directs that every privy must be so constructed as to be fly-tight and ventilated only through screened openings; that the floor must be tight and sound; that the night soil box must be fly-tight, ventilated with a flue, and constructed to hold the standard 15x15 galvanized iron bucket adopted as the required receptacle for night soil;

And that all privies must be located so as to be easily accessible to the night soil wagon, must be kept scrupulously clean at all times, and must have the contents of the bucket removed at least once every fifteen days.

Sect. 739. That vacant houses, stables, etc., must be kept in a sanitary condition and barred against intruders.

See Health Department Bulletin, No. 2, for working plans for building or remodeling a surface closet.

..... City Officer.

This form has been prepared for the use of officer inspecting sanitary conditions—one copy to be left with the owner of property inspected, and a carbon copy will be kept on file in the Health Department office for reference.

CONDITIONS FOUND

1910

WATER CLOSET—Inside? Outside?
 Flush in good condition?
 Seat in good repair? Cover?
 Inside clean and sanitary?
 Floor sound?
 Door closed by spring or weight?
 SURFACE CLOSET—Building sound?
 Floor tight? Roof tight?
 Ventilation good?
 Openings screened?
 Night soil box standard?
 Standard bucket in use?
 Fecal matter outside of bucket?
 Disinfectants used?
 Building accessible to wagon?
 Sewer and water available?
 Door closed by spring or weight?
 You are notified to correct, (or have corrected), conditions checked as bad within hours, and to standardize the building within days.

NIGHT-SOIL MAXIMS

The health of all **human bodies** depends equally on their nourishment and their ability to dispose of waste matter.

♣ ♣ ♣

The health of all **households** depends equally on their nourishment and their ability to dispose of waste matter.

♣ ♣ ♣

The health of all **neighborhoods** depends equally on their nourishment and their ability to dispose of waste matter.

♣ ♣ ♣

The health of all **cities** depends equally on their nourishment and their ability to dispose of waste matter.

♣ ♣ ♣

Soil pollution causes Hook Worm disease.

♣ ♣ ♣

Soil pollution causes Typhoid Fever.

♣ ♣ ♣

Soil pollution causes Dysentery and other Diarrhoeal diseases.

♣ ♣ ♣

The standard surface closet as adopted by the City of Asheville prevents soil pollution.

♣ ♣ ♣

The City cleans and disinfects the night soil can.

♣ ♣ ♣

Don't pollute the soil by going elsewhere than to a water closet or surface closet.

♣ ♣ ♣

Wash your hands after emptying bowels or bladder.

♣ ♣ ♣

An open surface closet breeds flies, and allows these to carry filth and disease from the closet to your table and to you.

An open surface closet may transmit hook worm, dysentery, diarrhoea, or summer complaint in babies.

♣ ♣ ♣

An open surface closet is a back number. Asheville will have no more of it.

♣ ♣ ♣

Asheville believes she has the ideal in surface closet construction and the disposal of night soil.

♣ ♣ ♣

The best is none too good for Asheville.

HEALTH-GRAMS

BY DR. EVANS, HEALTH OFFICER,
CHICAGO.

"Build your reputation for civic pride in your back yard."

"Personal cleanliness is more than a fad or a luxury—it means health and life."

"A rubbish heap about your house is a tombstone to your self-respect, the respect of your neighbors and your civic pride." What would you call a foul privy?

"Good intentions do not make a model tenement house."

"Environment leaves its ineffable records on the souls, minds and bodies of men, there to be read by all able to understand."

"To keep healthy—keep your surroundings healthy."

"Filth for flies—flies for fever."

BULLETIN

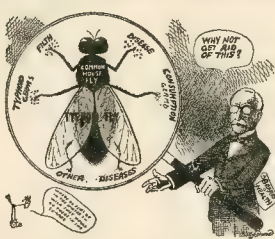
OF THE HEALTH DEPARTMENT ASHEVILLE, N. C.

No. 3

Entered as second-class matter September 28, 1910, at the Post Office,
Asheville, N. C. Act of July 16, 1894

April, 1911

DEATH'S MESSENGER



NIP HIM IN THE BUD **CLEAN UP THE NEIGHBORHOOD**

Cartoon by Courtesy of the Asheville Citizen

Typhoid Fever, Diphtheria, Scarlet Fever Cholera - Infantum and Consumption May be carried to Your Home by the FLY, if Your Neighbor is CARELESS!	FLIES Breed in FILTH, Live on FILTH, and are Evidence of Neglected Filth in the Neighborhood. CLEAN UP THE NEIGHBORHOOD!
--	--

DESTROY THE FLY —AND— PROTECT YOUR FAMILY

Don't Allow Flies in Your House—Screen and Poison.
Don't Permit them Near Your Food—Especially Milk.
Don't Buy Food from a Merchant Who Tolerates Flies.
Don't Allow a Breeding Place for Flies on Your Premises.
THIS MEANS Uncared-for Manure Piles, Horse Stables,
Garbage Barrels and Privies. Keep Your OWN Garbage Cans
Screened and Disinfected, YOUR Stable Manure in Fly-Tight
Receptacles, and If Necessary Apply to Police for Protection
from Your Neighbor's Carelessness.

The laws of Asheville provide that
Sec. 427. Those who violate of any law now in force shall not become
or serve as a

Sec. 428. Home owners shall not be exposed for any reason that no days
The owner shall with exception if it is found to be provided where
houses are kept and all measures taken to them.

THE ASHEVILLE BOARD OF HEALTH

The Asheville Press, Asheville, N. C.

FLIES ARE A MENACE TO HEALTH AND HAPPINESS.
DESTROY THEM BEFORE THEY GET WINGS; IT'S EASY. DO IT NOW.
"IN TIME OF PEACE, PREPARE FOR WAR!"

IF OUR CITY ORDINANCE QUOTED ELSEWHERE IN THIS BULLETIN
IS OBEYED THIS WILL BE ACCOMPLISHED. THIS ORDINANCE WILL
BE ENFORCED. YOUR CO-OPERATION IS DESIRED.

HAELTH DEPARTMENT CITY OF ASHEVILLE

BOARD OF HEALTH

Mayor John A. Campbell, Chairman
B. M. Lee, City Engineer
Kingsland Van Winkle, Chairman Finance Committee, B. of A.
Dr. L. B. McBrayer
Dr. E. B. Glenn
Dr. W. L. Dunn
Dr. F. J. Clemenger

SANITARY COMMITTEE BOARD OF ALDERMEN

W. R. Patterson, Chairman
J. H. Wood
E. J. Hardin

EXECUTIVE OFFICERS

L. B. McBrayer, M.D., Health Officer,
Phones: Residence, 124; Office, 390.
W. H. Bird, Sanitary Inspector, Phones:
Residence, 374; Office, 152; Stable, 294.
L. M. McCormick, Meat and Milk In-
spector, Phone 152.
Ernest Israel, Sewer and Plumbing In-
spector.
W. Francis, Water Superintendent

OUR LAST LEGISLATURE AND THE PUBLIC HEALTH

They increased the appropriation for the State Board of Health by \$12,000, making the amount \$22,000 annually. This was an increase of 120%, but not as much as it ought to have been. They refused to appropriate \$3,000 for free antitoxin for the treatment of diphtheria in the children of our State, but very willingly gave \$2,000 for the free treatment of hog cholera in North Carolina. Dr. C. O'H. Laughinghouse of Greenville, N. C., in a letter (private) to the Health Officer says: "Don't worry—the children of North Carolina are ahead of the hogs, for they have their fathers and mothers, the teachers and the doctors on their side, while the hogs only have the farmers, the Legislature, \$2,000 and the cholera." While we appreciate the encouraging words from Dr. Laughinghouse,

yet it is plain to a blind man that the members of the Legislature did not think a child as good as, nor worth as much as a hog.

Again, the Senate killed a bill that passed the House almost unanimously, providing for the completion of the State High School course, preliminary to the study of medicine. They also refused to pass a bill requiring the same preliminary educational qualification for the study of veterinary surgery. I suppose they argued that it would not be "politically expedient" to require a better education for those who were to treat the dogs, hogs and jackasses, than for those who were to treat human beings, even if they had already declared that the hog was better than the child. But the Legislature was not an unmixed evil—they increased the appropriations to the State Tuberculosis Sanitarium, to the Jackson Training School and to the various eleemosynary institutions of the State. Made valuable amendments to the quarantine and other health laws of the State. They passed a law creating a "sanitary district" for West Asheville. This is a new and valuable departure for the machinery and money to enforce proper sanitation. It is not unlike the special school districts. The community will vote for whatever tax they need and it will be administered by a commission, under the direction of the County and State Boards of Health. This could be made applicable to any community, in any state and we believe it will become very popular as soon as it becomes known. We congratulate West Asheville, our enterprising neighbor just across the river, and if we can be of any assistance, we are yours to command. We hope to see you get busy at once and make good in this new venture, as you have done in all other things attempted. Perhaps the most important enactment of the last Legislature was the establishment of a training school for feeble minded. This is a long step forward and will be of untold benefit to the State and her citizenship. Strange to say, Speaker Dowd came down out of his chair and fought this bill on the floor of the House,

but with all of his influence, he could only muster about fifteen votes against the measure. Asheville's Health Officer was made a member of the Board of Trustees. By the way! why not make an effort to bring this Institution to Asheville, or near here? This suggestion is respectfully brought to the attention of the Board of Trade and the Retail Merchants' Association. Get busy, gentlemen, if you think it worth your while. Greensboro has already started.

Let me record my appreciation of the intelligent and proper stand taken on all these measures by our Senator and Representatives from Buncombe. Senator Martin and Representatives Williams and Roberts could always be found on the side of right, justice and progress. They all took a high stand and wielded a strong influence for good, during the entire session, and had the respect and esteem of all the members.

* * *

We are glad to be able to state that our new surface closet is being rapidly installed, and is giving entire satisfaction to the Department and to the owners and tenants of property. We are much pleased to note that the people are pleased with the change, and readily co-operate with us in the workings of the system. We have arranged to keep the surface closets cleaned for a charge of seventy-five cents per quarter, when paid in advance, which will be much cheaper than the old method. When not paid in advance, a charge of twenty-five cents for each cleaning will be made, which will amount to fifty cents or more per month. When paid in advance, the closets will be cleaned as often as necessary. When not so paid in advance, they must be cleaned as often as necessary. We believe this is the best surface closet system in existence—others think so, too. **The best is none too good for Asheville.** If further information is desired, ask or write for the October Bulletin. We have had enquiries about our surface closet from as far away as Canada.

* * *

On another page of the Bulletin, you

will find a copy of our meat inspection laws. We have tried to be a little lenient with our farmer-friends until they could have time to familiarize themselves with the workings of the law, but there is no excuse for further laxity and this is to give notice that from and after April 1st, we will enforce the law strictly and rigidly, which means that the farmers must come up to the letter of the law, just as the citizens of the City have been doing. We trust it will not be necessary, but if the farmers make it necessary, prosecutions will be had in the police court.

* * *

The letter to the physicians of our City, published in another column of this Bulletin, is written with the hope that it will bring them into a closer and more intimate relation with the Health Department. We want them to know what we are doing and how we are doing it. We also desire that the citizens of Asheville should know more about what is being done in our Health Department. You are welcome, Mr. Citizen, at any and all times, and we will take great pleasure in showing you the detailed workings of the Department.

* * *

That was quite a compliment the Commission Government advocates paid the Health Department when they were drafting their new charter, when they decided not to interfere in any way with the machinery and workings of this Department—and the mass meeting endorsed that part of the report unanimously. We doff our hat to you all, and will strive to continue to be worthy of this confidence, and in the meanwhile go forward.

* * *

In 1895 the Buncombe County Medical Society became convinced that the common house fly was a dangerous disseminator of disease, and began a campaign of education to check his operations in Asheville. The press took up the matter and the seed was scattered widely. In 1906 a fund of \$360.00 having been subscribed by the physicians and other public spirited citizens, the campaign was

carried into the enemas country, and Asheville inaugurated the first service attempt of a city to strike at the root of the evil, and swat the fly in his cradle—i. e. the manure pile.

Since then the dangerous habits of the fly have been so thoroughly discussed in all its phases that it is now no longer profitable to emphasize the danger of allowing flies to share our houses and food.

* * *

But hard words—or hate—won't kill even a fly—no—nor crush a fly's egg. That takes ACTION, and every fly that appears this summer in Asheville will be direct evidence that filth has been neglected, not far away—for a week or more.

By far the most dangerous filth in this regard is that of stables, particularly horse stables. So it behooves every good citizen to be sure that his stable is cleaned regularly—if he has one—and to insist that stables in his neighborhood are kept clean.

The Health Department has been given a special officer this spring to inspect stables, and the active co-operation of all citizens is asked for his work. He has about six square miles of territory to cover, and about 400 stables on his list. It is obvious that he will not be able to inspect every stable often enough to relieve the owner of thought in the matter. But he is an energetic gentleman, thoroughly in earnest in his work, and will undoubtedly get around often enough to make lots of trouble for those who neglect the laws he is charged with enforcing.

* * *

Not a case of acute contagious disease in the city for nearly two months. Pretty good. Wish we could keep it up.

* * *

Fly time is coming; get ready for it.

* * *

In the conservation of health an ounce of intelligence is worth a ton of ignorance.

* * *

As a national industry, raising strong, healthy human beings should be as profitable as raising fine breeds of live stock.

HOOK WORM WORK IN ASHEVILLE SCHOOLS

The hook-worm campaign in Asheville will soon be completed, but that does not mean that we will let up on this "American Murder." We will soon check over those children who have been found to have the disease, and insist on those who haven't taken the treatment, being treated at once. A large per cent of those found infected, have been treated. The letter we have been sending to parents, printed on another page of this Bulletin, is worthy of notice. We very much appreciate the assistance of Dr. John A. Ferrell, head of the Rockefeller Hook Worm Commission in this State, and Dr. Claude L. Pridgen, his field worker. We are also glad to learn from reliable information that Dr. Ferrell's work is complimented very highly by the Commission, and that many of his plans have been adopted by the workers in other states. We are also glad to learn that Dr. Pridgen is proving to be one of the best field workers in the South. We do not know personally of the work of the other gentlemen, but from the high standard of work done by these gentlemen, we are quite ready to accept the statement that they are experts in their line. A full report of the work done in Asheville will appear in the next Bulletin. Before leaving this subject let me state that we believe the money given by Mr. Rockefeller for the hook-worm campaign, is the greatest philanthropy of modern times, and we are greatly pleased that our people in Asheville have had the benefit of it.

A LETTER TO THE FATHERS AND MOTHERS IN ASHEVILLE

As the examination now being conducted for intestinal parasites among school children is a new work, serious attention is asked in this matter and a few words of explanation will not be out of place.

Round worm, tape worm, pin worm, whip worm, etc., are more or less familiar to all mothers, and when noticed the remedy is known. Often,

however, they are not noticed and a child may be infected without the parent's knowledge. Hook worms, which are more dangerous than any of the others, live like them in the intestines, and their presence can only be definitely determined by an expert examination of a small portion of the stools of the sufferer. The worms themselves are never passed while alive, and are too small to be noticed by even the most careful mother under ordinary conditions. They are blood sucking leeches and cling until death to the lining of the bowels. A few may only produce languor and general debility in the child. When many are present more serious troubles result, palor, stunted growth, and often an untimely death. Many children are called lazy or stupid by their teachers and companions, when the only trouble is that they are being slowly poisoned by these worms.

Specimens from eight hundred children in Asheville have already been examined. In two hundred, eggs of some kind of worms were found. In one hundred, eggs of hook worm were found. This means that one out of every four children is infected by some intestinal parasite which should be gotten out of the system, and that one out of every eight is infected by the dangerous hook worm.

The infection is always accidental, and is no more a disgrace than any other accident, as for instance, poison ivy or bruises. Children in some of the best families of the city have been found infected.

You will realize if you think a moment that the school and health authorities are not doing this work out of idle curiosity. If they did not believe, after months of thought and study, that it is necessary for the welfare of your child you would not be bothered about the matter. The records already gathered show that at least one child out of every eight is ill with a disease very easily cured, and for that reason the money being spent on its education is not being

used to good advantage, as hook worm poisoning affects the mind as well as the body.

Arrangements have been made by which every one of these children can be treated for this disease, without cost, if necessary. A moment's thinking will also show you that to the mind of a doctor the examining of a specimen from the discharges of the bowels would be no more out of place than an examination of the discharges from the nose, throat or bladder, and an exhibition of false modesty in furnishing it, is just as absurd.

There are, to a moral certainty, four hundred school children in Asheville suffering from this disease. One hundred have been found and have the chance to get rid of it. Your child may be one of the other three hundred. If an examination shows this to be the case, a private notice will be sent you by the teacher, and you can then have your family doctor give the treatment, or have the child treated at the Free Dispensary without charge, as seems best. If no evidence of infection is found you will not hear anything more about it, unless you ask the teacher. No names will be made public, and not even the children will know the results of the examination unless you tell them.

The Health Department knows that in giving you this chance to get your share of the great gift of Mr. Rockefeller to the country at large by having an examination made free of charge by experts, who can have no personal interest in the matter, it is presenting an opportunity of unusual value, and trusts that you will not neglect or refuse to get this definite information on a point of such vital interest to your child and yourself.

Yours for the welfare of the children of Asheville.

R. J. TIGHE, Supt. of Schools,
L. B. McBRAYER, City Health Officer.

* * *

The cow is the foster mother of millions of the human race. Is your cow healthy?

A LETTER TO THE PHYSICIANS OF ASHEVILLE

According to a resolution of the Buncombe County Medical Society agreeing to LOAN their Library and Furniture to the HEALTH DEPARTMENT of the city, we have moved the Library and Furniture, (except the chairs, which could not be identified) into the Health Department Office in the City Hall. In addition to this the Health Department keeps a complete file of a large number of the bulletins of the State Boards of Health and of the City Boards of Health, also the Public Health reports of the U. S. Public Health and Marine Hospital service, and other publications of this and other branches of the Government having to do with Hygiene and Preventive Medicine, and other publications of civic societies and text books on this and related subjects.

Of course you are familiar with the fact that all records pertaining to the incidence of disease in Asheville, of whatsoever kind and of all the work of the Health Department are kept on file in this office. While our offices are not yet quite straightened out, yet they are comfortable, having steam heat, tungsten electric lights, etc.

In order to keep our records accurate and complete and for many other reasons we are often, in fact many times each day, compelled to ask the physicians of the city to confer favors which require of them time and inconveniences and oftentimes an actual outlay of cash, for which they receive no compensation whatever. We desire again to assure you of our grateful appreciation of these favors and your hearty co-operation in all measures having for their aim the improvement of health conditions in our fair city, notwithstanding the fact that these very improvements for which you labor without reward or hope of reward, are intended to decrease and do decrease by a large per cent the number of cases of sickness and para passu decrease your work and your income.

As a reciprocal kindness and desiring to be of any help possible to the physicians of the city, and desiring further to extend

to them every possible courtesy and consideration, you are, by these presents, cordially invited to use the Health Department Offices as a reading room, and make free use of any books, literature, records or other matter that may be found therein. The rooms are open day and night, and you will be welcome at any time. There will be only two rules and they will be as inflexible as the laws of the Medes and Persians, and enforced without fear or favor, to wit: I. No book, pamphlet, bulletin, printed or written matter, or other matter of any kind whatsoever, SHALL BE TAKEN FROM THE OFFICE. II. The book, pamphlet, bulletin or other matter MUST BE REPLACED on the shelf or in the file in the IDENTICAL PLACE FROM WHICH IT WAS TAKEN, BY THE USER, BEFORE HE LEAVES THE ROOM.

Trusting that this invitation will be accepted in the kindly spirit in which it is extended, and used to the greatest possible advantage.

I am, sincerely yours,

L. B. McBRAYER,
Health Officer.

* * *

MEAT ORDINANCE

All Meat, Candies, etc., Must be Kept Covered and Protected from Flies, Dust, Dirt and Filth.

The buyer should not trade with a butcher or merchant who does not obey the above ordinance to the letter.

* * *

THE JOINT HEALTH BOARD OF THE CITY OF ASHEVILLE DO ORDAIN:

SEC. 1. No person, firm or corporation, shall expose for sale on any public highway or in any uninclosed market, store, shop, stand, or stall, or in any open lot, or transport over any public highway to any place for sale there or elsewhere, in the City of Asheville, any meat, fish, plucked poultry or game bird, dressed rabbit or squirrel, butter, butterine, oleomargarine, lard, lard compound, or substitute, cheese, candy, cake, bread, figs, or any food whatsoever of a kind not

commonly washed, peeled, shelled or cooked before eaten, unless the same be then and there effectually and in a cleanly manner wrapped, or covered and enclosed, so as to protect it from dust and insects.

SEC. 2. That any person, firm or corporation violating any of the provisions of this ordinance shall, upon conviction, be subject to a penalty of twenty-five dollars.

SEC. 3. That this ordinance shall be in force and effect from and after the date of its final passage.

* * *

GARBAGE ORDINANCE

All Persons Must Put All Garbage in a Water Tight Covered Metal Can, and Must Burn or Remove the Same from the City at Least Once a Week.—Must Not Place Tin Cans or Broken Dishes on Premises.

THE JOINT HEALTH BOARD OF THE CITY OF ASHEVILLE DO ORDAIN:

SEC. 1. That occupants of dwelling-houses, proprietors of boarding-houses, commission warehouses, hotels, restaurants, and other places where garbage is accumulated, and owners, agents and occupants of apartment or tenement houses, shall provide for the use of such houses or premises a sufficient number of receptacles to contain all garbage which may accumulate on said premises, and shall keep such receptacles at all times in good repair. Each receptacle of this kind shall be made of metal, water-tight, provided with a tight cover with a handle; Provided, that all such persons may, in lieu of keeping such receptacles, dispose of such garbage by burning the same as fast as it accumulates.

SEC. 2. That occupants of any dwelling-house, apartment or tenement house, and each proprietor of any boarding-house, commission warehouse, hotel, restaurant and other place where garbage is accumulated shall cause all garbage from his or her premises to be put into the receptacle provided for that purpose, and shall cause the same to be removed

therefrom, at least once every week, and burned or carried beyond the city limits of the City of Asheville.

SEC. 3. That no person shall place any tin cans, dishes or broken dishes, or other utensil capable of holding water on any premises in the City of Asheville, but shall place the same in a box, barrel or other suitable receptacle conveniently accessible to the City Trash Wagon; Provided, this ordinance shall not be construed to include any receptacle serving some useful purpose.

SEC. 4. That any person violating any of the provisions of this ordinance shall, upon conviction, be subject to a penalty of twenty-five dollars.

SEC. 5. That this ordinance shall be in force and effect from and after the date of its final passage.

* * *

MEAT INSPECTION ORDINANCE

THE JOINT HEALTH BOARD OF THE CITY OF ASHEVILLE DO ORDAIN:

SEC. 2. That the rules and regulations of the United States governing meat inspection as amended, effective May 1st, 1908, issued under the authority of an Act of Congress approved June 30, 1906, in regard to sanitation, ante-mortem and post-mortem inspection, condemnation and disposal of animals and meats unfit for human food, stamping and tagging of carcass or part of carcass inspected and found fit for food, shall be the standard applied to all acts of butchers, inspectors, and other persons, firms or corporations engaged in or who sell fresh meat in the City of Asheville, or within its jurisdiction.

SEC. 3. On and after August 1st, 1910, no person, firm or corporation shall operate any slaughter house or pen for dressing meat for use in the City of Asheville, unless the same should be licensed by the Board of Health of said City. Application for license must be made in writing to the Board of Health, showing name of applicant, occupation, residence, location of proposed building and his experience in operating such establishment. Plans and specifications for proposed buildings and plant shall accompany

such application. If, upon investigation, it is found that said plant will be constructed according to the requirements of this ordinance, the application shall be granted. Otherwise refused. No animals shall be slaughtered in any such building until the Health Officer certifies that all requirements have been fulfilled, and the plant is in working order.

SEC. 4. No person, firm or corporation shall sell or offer for sale, or deliver after sale, any fresh meat in the City of Asheville unless the same has been slaughtered and inspected as provided in this ordinance, nor keep, expose or offer for sale for food, nor keep the same for purposes of food, within the City of Asheville any emaciated, tainted, putrid, decayed, decaying, unwholesome or diseased meat. In case of keeping, exposing or offering such for sale the Health Officer or any inspector shall have the power and authority to seize, condemn and confiscate the same.

SEC. 5. The Board of Health shall prescribe and furnish forms for reports, tags, etc., necessary for use by inspectors, rules governing reports and shall receive and check all reports of the inspectors. Said Board shall receive all complaints and adjust all differences arising between the inspectors and those having property inspected not otherwise herein provided for. All inspectors shall be appointed by the Joint Health Board after they have passed a written examination on questions prepared by the Health Officer of the City, and such other tests as to their knowledge of pathological evidences of disease, sanitation, hygiene, and bacteriology, as may be required to show their fitness for the place and the discharge of the duties involved.

SEC. 6. That the requirement of this ordinance shall not be applicable to farmers who are not engaged in the fresh meat business, but they may bring their meat into the city for sale, and to the city market during the hours to be designated by the Health Officer and Board of Aldermen, namely, 9 a. m. to 1 p. m., and there have the same inspected in accordance with the require-

ments of this ordinance, and for the purpose of such inspection such meat shall have accompanying them, held by their natural attachment, all the following organs of the animal, to-wit: the head, liver, heart, spleen and lungs.

SEC. 7. That any person, firm or corporation violating any of the provisions of this ordinance shall, upon conviction, be subject to a penalty of fifty dollars (\$50.00). That this ordinance shall be in force and effect from and after August 1st, 1910.

The Meat Inspector is instructed to condemn and confiscate any and all meat found in the markets of the city, or offered for sale in stores, or other places, which do not bear the official stamp of the Health Department, or the stamp of the U. S. Government inspection service, showing that it has been inspected and passed as provided above.

* * *

An open surface closet breeds flies, and allows these to carry filth and disease from the closet to your table and to you.

* * *

"Filth for flies—flies for fever."

* * *

"Where the sun does not go the doctor does," is an Italian proverb well worth remembering.

OTHER IMPORTANT HEALTH LAWS

SEC. 465. No house refuse, slop, water that has been used for any purpose, organic matter of any kind, shall be thrown from any window, or otherwise deposited on or in any lot, street, ditch, or gutter, within the city limits.

SEC. 739. Vacant houses, out-houses, stables, etc., must be kept in sanitary condition and barred against intruders. Penalty \$10.00.

SEC. 487. Places where any kind of animals are kept shall not become or remain filthy.

SEC. 489. Bins with water-tight floors must be provided where horses are kept and all manure stored in them.


BULLETIN

OF THE
HEALTH DEPARTMENT
ASHEVILLE, N. C.

No. 4

Entered as second-class matter, September 28, 1910 at the Post Office,
Asheville, N. C., under Act of July 16, 1894.

May, 1911

 **ASHEVILLE** opens wide her doors to the sick and the well from every clime, but she demands that the sick shall so comport themselves that they shall not become a menace to the health of her citizens or the stranger within her gates.

Health Department City of Asheville

BOARD OF HEALTH

Mayor John A. Campbell, Chairman
 B. M. Lee, City Engineer
 Kingsland Van Winkle, Chairman Finance Committee, B. of A.
 Dr. L. B. McBrayer
 Dr. E. B. Glenn
 Dr. W. L. Dunn

SANITARY COMMITTEE BOARD OF ALDERMEN

W. R. Patterson, Chairman
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 E. J. Hardin

EXECUTIVE OFFICERS

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 Phones: Residence, 124; Office, 390.
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 Residence, 374; Office, 152; Stable, 294.
 L. M. McCormick, Meat and Milk Inspector, Phone 152.
 Ernest Israel, Sewer and Plumbing Inspector.
 W. Francis, Water Superintendent

DOES CHICAGO DRINK FOUR FREIGHT CAR LOADS OF DIRT IN HER MILK EVERY YEAR?

She Would Were It Not for Her Health Department

The following from the Bulletin of the Chicago School of Sanitary Instruction by Dr. W. A. Evans, Health Commissioner, is a rather startling statement, but coming from such an authority backed up by the statistics and work of his inspectors, it could hardly be doubted.

In Asheville during the month of March, our milk inspector examined 105 samples of milk for dirt and visited 21 dairies. Our dairymen have become so careful that it is seldom that he has to condemn any milk.

■ The extract referred to, follows:

Since the first day of February approximately 2,100 eight-gallon cans of milk (16,800 gallons, at 7 cents a quart, \$4,904.01) have been seized and held from admission to the Chicago market

by inspectors because of the fact that it was too dirty for use as a food. This large amount of milk represented one day's shipment from 500 different dairy farms.

By far the larger portion of this visible dirt is undissolved cow manure. It has been estimated that fully twenty-five tons of this insoluble filth comes into Chicago yearly in the milk which we drink. Besides this, there is much other filth which cannot be strained or filtered out because of the fact that it dissolves in the milk as does sugar in water. It is safe to assume that there is as much if not more soluble than insoluble filth in our milk supply. This means that the dirt of both varieties amounts to fully four freight-car loads a year.

But sediment sampling is educating the farmer to understand that the desirable thing to do is to keep this dirt out of his milk rather than try to strain it out. It is gradually dawning upon him that after filth once gains access to his product the damage is done and straining does not help the situation materially. In consequence of this many dairymen who have been in the business for years, using the old methods of milking dirty cows in wide-top, open pails, with wet hands, etc., are beginning to milk clean cows in hooded pails with dry hands, etc., the proper way.



A New York physician is authority for the statement that, in a school population of 650,000, 30 per cent. of the children were two years behind their proper grade, and that 90 per cent. of these were delinquent because of defects of eye, ear, nose and throat. These are the conditions that in time will be remedied by medical school inspection. And, too, the hook-worm must go.



The fly catechism printed below has been pasted in the spelling book of every pupil in the City Graded Schools. We are indebted to Mr. R. J. Tighe, Superintendent of the City Schools, and the

teachers of the various schools for their co-operation in this matter. And let me say here, that our citizens have little idea of the immense interest the teachers of our public schools take in their pupils and of their great desire to be of help to them in any way possible. We desire to record here our appreciation of the splendid work being done by these teachers, and to thank each one of them for their co-operation in all matters pertaining to the betterment of the health conditions of their pupils.

The same and more can be said of Mr. Tighe.

FLY CATECHISM

1. Where is the Fly born? In manure and filth.
2. Where does the Fly live? In every kind of filth.
3. Is anything too filthy for the Fly to eat? No.
4. (a) Where does he go when he leaves the surface closet and the manure pile and the spittoon? Into kitchen and dining-room. (b) What does he do there? He walks on the bread, fruits, and vegetables; he wipes his feet on the butter and bathes in the milk.
5. Does the Fly visit the patient sick with consumption, typhoid fever and cholera infantum? He does—and may call on you next.
6. Is the Fly dangerous? He is man's worst pest, and more dangerous than wild beasts or rattlesnakes.
7. What diseases does the Fly carry? He carries typhoid fever, tuberculosis, and summer complaint. How? On his wings and hairy feet. What is his correct name? Typhoid Fly.
8. Did he ever kill anyone? He killed more American soldiers in the Spanish-American War than the bullets of the Spaniards.
9. Where are the greatest number of cases of typhoid fever, consumption, and summer complaint? Where there are the most flies?
10. Were are the most flies? Where there is the most filth.
11. Why should we kill the Fly? Because he may kill us.
12. When shall we kill the Fly? Kill him before he gets wings—kill him while he is a maggot in the manure pile—kill him while he is in the egg-state.
13. How? Keep stable clean and dry and don't allow any manure to stay on the premises longer than a week. (Sect. 487, etc. of Asheville City ordinances requires this.) Have all other filth and trash accumulating on your premises removed or burned at least once a week.
14. If your neighbor fails to comply with these rules and allows flies to breed on his premises and visit you, screen your doors and windows, and keep them out.
15. If there is any filth on your premises that you can't remove, or if your neighbor does not comply with these rules, notify the Health Department, Phone 152. They will attend to it for you.
16. "Filth for Flies—Flies for Fever." Kill them both at once.

Credit for idea of the catechism is due to the Health Department of Indianapolis, Indiana.

HEALTH DEPARTMENT, Asheville, N. C.

BALLAD OF THE FLY

Baby bye, here's a fly,
By the State he's doomed to die,
Since he brings germ-like things
On his legs and wings.
Countless millions of the same
Have their lodging on his frame.
His offense—is immense—
Hang his impudence.

Baby bye, shun the fly,
Pure food sharps will tell you why,
'Tis no joke, they will soak
Fly-protecting folk;
Therefore, get your little ax,
Slay the "musca" in his tracks,
Don't delay; haste to slay;
Little fly, good day, good day.

—Exchange.



"A dead animal of any kind, remaining unburied is a scandal in a community, and must be taken care of quickly. When, as a community, we insist that animal excrement, of all kinds, is cared for in the same manner as a dead carcass, we will not have house flies.

The carcass evolves a little bisulphide of hydrogen which does not smell nice, but which really hurts no one. Fecal matter much more dangerous (because it contains the 'seeds' of any germ disease the animal may have) is too often systematically neglected, and by breeding flies, gets wings to bring itself to our dinner tables and bedrooms."

If interested, see Mr. McCormick's article in the July, 1910, Bulletin of the North Carolina State Board of Health, entitled, "What are you going to do about it?"



LEST WE GET A FALSE IMPRESSION ABOUT KILLING THE FLY

The house-fly is again coming into notice with the spring days, and timely articles are appearing in the magazines. The Woman's Home Companion for May, and The Youth's Companion for April 6th, both carry well written, forceful articles on the dangerous pest. Let the good work go on!

Some few details in the directions so often repeated for dealing with the

nuisance do not, however, commend themselves as worthy. For instance, the use of lime as a substitute for cleanliness is of little avail against flies. The fly-maggots do not seem to be at all inconvenienced by its presence. Chloride of lime, if used in sufficient quantities, is good, but it will not do all the work necessary.

Repeated experiments with Formaldehyde and Bichromate of potash indicate that they are no good as fly poison. Much better stick to the proven old-fashioned "fly poison" in paper form sold everywhere, and "tangle-foot" and trap, where it is not convenient to poison.

But the real fight must be for removal and destruction of filth, especially stable filth. There is no royal road to cleanliness, and flies are always an index of preventable filth in the neighborhood. Clean up the neighborhood—begin at home.



**JUST TO SHOW YOU THAT WE DO
NOT INTEND FOR ANYONE TO
BECOME INFECTED WITH
TUBERCULOSIS IN
ASHEVILLE**

The Health Department tries to keep a record of every tubercular case in the City of Asheville, and tries to fumigate the room that such patient has occupied, immediately after the room is vacated, and we come very nearly succeeding. We desire to express our appreciation of the hearty co-operation of the hotel and boarding house people in our City, and our citizens generally, without which it would be impossible for us to keep as close up with these cases as we do. Of course, our thanks are due the physicians of our City in this matter, as they are in every other matter, pertaining to the public health, for without their co-operation we could do nothing. We print below one of our blanks used in this checking up system, and the reply of Mr. Frank Loughran upon receipt of one of these blanks. We had an intimation that a patient with tuberculosis had been an occupant of his hotel, and according

to our routine we sent him the blank printed below. We are glad to print this letter from Mr. Loughran because it shows his interest in the matter and shows that he co-operates with us to the fullest extent. And, in fact, he often has his rooms fumigated only because he suspects that the person who occupied the room was sick. While our regulations in regard to the fumigation of rooms is carried out to the letter by Mr. Loughran in both his of hotels, we feel it nothing but just to say that this is but a sample of the co-operation received from other hotels and our citizens generally. We have in mind especially at this time a letter received from Mr. Thomas Wadley Raoul, of The Manor, which was greatly appreciated, but we have not space to refer to it in detail this time.

CITY HALL
ASHEVILLE, N. C.

Mr. Frank Loughran,
Swannanoa Hotel,

Please note that premises lately occupied by Mr. * * * * * comes under the provisions of Section 475 of the City Code. This office has no record of having disinfected above premises.

(Signed) L. M. McCORMICK.

Above notice complied with.....19....

Section 475 provides a penalty of \$25.00 for any person renting or letting a house or room in which a communicable disease has recently existed unless it has been disinfected to the satisfaction of the Board of Health.

The Board of Health has ruled—that to be satisfactory, disinfection after a communicable disease must be carried out under the direction of the Sanitary Department.

Section 508 provides that the Sanitary Department shall not charge more than \$2.00 per room for this service.

Asheville, N. C., April 6, 1911.

Mr. L. M. McCormick,
Asheville, N. C.

Dear Sir:

We have no record of Mr. * * * * *

having been a guest at this hotel. We had some parties by a similar name who were transients and left immediately.

We make an honest effort to exclude all tubercular patients from this hotel, and feel that it is an injustice to us when a physician allows a patient to come here and leave without notifying us so that we can take the proper precaution. I call your special attention to this as I feel that it ought to be compulsory for the physicians to notify us promptly. The man who does your fumigation will tell you that I have had many rooms fumigated that have never been reported to the authorities.

Hoping that you will aid me in this matter, I am,

Yours very truly,

(Signed) FRANK LOUGHRAN.

¶ ¶ ¶

"AS OTHERS SEE US"

Dr. W. A. Evans, Health Officer of Chicago, Ill., writes: Your Bulletin is a most useful document. I am glad to see that you understand your public education functions as an important part of your work." Under date of December 19, 1910, Dr. Evans calls our attention to the wisdom of attending, or having our Health Department represented at the next meeting of the American Medical Association, as follows:

The next meeting of the American Medical Association is to be held in Los Angeles, California, June 27-30, 1911.

The Section on Preventive Medicine will concern itself very largely with the administrative methods employed for the control of disease and for the preservation of health.

I am sure that your City would be the gainer by having its Health Department represented at this meeting.

I am writing at this time in order that the advisability of including this item in your budget shall be considered by you.

In reply to a letter expressing our regrets on account of our inability to be

represented at this meeting and enclosing our Bulletins, Blanks, etc., setting forth our system of handling tubercular patients in our City, Dr. Evans writes the following:

I am very much obliged to you for copies of your Bulletin, for your Blanks, and for your letter of the third instant.

I will see that your Blanks and data relating to your system of handling tuberculosis comes to the attention of the Section.

¶ ¶ ¶

Dr. J. N. Hurty, Secretary Board of Health, Indianapolis, Ind., writes: I write simply to congratulate you upon your Bulletin, No. 2, October, 1910. This is an excellent Bulletin, so far reaching in its good influences against disease. I visited about two weeks in Asheville in 1908 and noticed then what a clean and attractive City it was. You have doubtless, since then, made it still better. How long, how very long, it takes to lift the people up to conditions which are essential for their life, happiness and progress!

Again congratulating you upon your pamphlets and your good work, I am,

Very truly yours,

¶ ¶ ¶

Dr. W. J. Browning, State Health Officer, Ogden, Utah, says: I received your Bulletin and cannot praise it too highly. I would like to see every city in the United States as wide awake to the value of health as your City. Please send me your other Bulletins, also the fly cartoons.

¶ ¶ ¶

Mr. J. A. Conover, State Dairyman of North Carolina, who unfortunately for our State has resigned to accept a better position in Maryland, speaks of us as follows: "The April Bulletin of your Health Department just arrived. I have read it from "civer to civer" and wish to compliment you and others of the Board of Health on the work you are doing for the City of Asheville. It is

one thing to have good ordinances and quite a different thing to carry them out. Your City is to be congratulated in not only having good ordinances, but in carrying them out to the letter."



The following request comes from Dr. G. Walter Holden, Medical Director and Superintendent of the Agnes Memorial Sanatorium, of Denver, Colorado: "I understand that your City has in effect a very satisfactory ordinance relating to the fumigation of rooms and other details connected therewith. Will you kindly send me a copy of this ordinance at your earliest convenience, and greatly oblige,"



Mr. Clarence Poe, Editor of the *Progressive Farmer*, sends the following: "Please lend us the cut shown on the cover of your April Bulletin. Congratulations on your good work."



WHAT THEY SAY ABOUT OUR CAMPAIGN AGAINST THE FLY

Mr. W. S. Ripley, of the Norfolk and Western Railway Company, writes from Bluefield, W. Va., as follows: Newspaper articles recently noted are to the effect that your City has made remarkable progress in the matter of fly extermination, and mentions that the City is placarded with posters telling of fly dangers, and giving ways for destroying them.

Being interested in the question, shall appreciate some of the literature bearing on this subject, with which I hope you will favor me.



Mr. Edward Hatch, Jr., Chairman of the Fly-Fighting Committee of the American Civic Association, New York, N. Y., under date of May 28, 1910, writes: A copy of your poster "Death's Messenger" has come to me, and I am writing

to ask that you send, if you can spare them, two or three copies to Miss Alice Lakey, National Consumers' League, No. 105 East 22nd Street, and to Mr. R. H. Tompson, No. 523 Alder Avenue., Portland, Oregon. I should appreciate it if you could send me one or two more. They certainly are very striking; one of the best posters yet issued in this campaign against the pest.

Under date of June 7th, 1910, Mr. Hatch writes further: Your valued favor of the 4th inst., together with the extra copies of the posters, received, and I thank you for your kindness in sending them. They are most graphic and convincing. It is a case of "He who runs may read" and also, we hope, of he who reads may run, and clean up in accordance.

This is a great movement and one that will soon be carrying itself along by mere force of momentum. All the people need is to be aroused, and once they are convinced of the danger of "The Pest at Our Gates" they will do their part to exterminate it.

I shall certainly place your name on the mailing list that you may receive future publications, and trust you will see that I am kept informed as to the progress in your locality.



Mrs. Elizabeth Wiggam, President Wednesday Club, North Vernon, Indiana, says nice things about us in the following words:

In reply to a letter to the National Civic Association for material and suggestions to aid us in making a crusade against the common house fly, they sent me a model poster issued by your Health Department, which they highly recommend, and which I consider the finest thing I have seen along that line. Would it be possible for us to get your permission to use some of these posters in our town, and if so at what price could we secure them?

Dr. William T. Klein, Medical Inspector in the division of communicable diseases in the Department of Health, New York, N. Y., has this to say: I beg to acknowledge with thanks the receipt of the two fly Bulletins which you recently sent to me through the courtesy of Mrs. A. D. Martin of Mountain Meadows Inn. I find the posters full of valuable suggestions, particularly in connection with my duties as Medical Inspector in the Division of Communicable Diseases of the New York City Department of Health. As I would like to submit a copy of each of these Bulletins to our Commissioner and still retain a set for myself, I take the opportunity of again asking you to favor me by sending me duplicates and assure you that this courtesy will be highly appreciated.



The following letter from Mr. Sidney G. Rubinow, who was teacher of Science and athletic manager at the High School of this City last year, but who is now connected with the Health Department of Newark, N. J., is so complimentary that it almost makes us blush, but his letter tells us that we are accomplishing just what we started out to do, and therefore pleases us so much that we have decided to give it to the public, and those who read it may know that the policy of the publishers of this Bulletin is outlined in this letter.



65 Sherman Ave.,
Newark, N. J.,
4/15/11.

Health Department,
Asheville, N. C.

Dear Sirs:—

Allow me to express my admiration for the Bulletins which you are putting out. Each succeeding Bulletin is better than the one for the former month; taken altogether they are the most up-to-date, snappiest and most clever popular discussions on the subject of Public Health

and Sanitation that I have ever seen. They ought to appeal to all classes; they probably do. You are setting a fine example to many a Health Department of many a city by the common sense way you go about to bring before the attention of a community the need of carefully looking after the important everyday problems of Public Health. With the increased knowledge along Bacteriological, Chemical and Sanitary lines, with the appropriations that most communities are making in warding off filth contamination, sickness and early death; with the water plants of most communities in the hands of the public; and with the dairies striving to put out certified milk—by the aid of all such agencies, the death rate ought to assume a steady march toward the decline. And yet it is the hardest thing in the world to get people interested in the welfare of their own health, their own bodies and their own future offspring. And you cannot interest the majority of the people if you publish a large book filled with Bacteriological and Chemical statistics, which tells them that in May, the water from the Reservoir contained 500 bacteria per cubic centimeter, or that the number of Bacilli Coli was reduced to 1% by Chlorination. It doesn't mean anything to them.

Your dandy Bulletin, hitting right from the shoulder in plain every-day English, is so radically different from the many Bulletins which I have seen that I just can't help this comment.

I lived in Asheville for a year and I know it to be the cleanest, healthiest, the most sanitary and most pleasant City to look on that I have ever seen. Dry, clean, "sunshiny," splendid water, good milk; it's a veritable paradise. May you always keep it so.

I have been working along the lines of Municipal Sanitation and Public Health for the past year, and my work has taken me to many a place which would score high if it were only one-half as clean as Asheville.

Keep up your splendid work and maintain for Asheville the excellent reputation that she possesses.

I hope that you will receive the co-operation of all in your work, for all residents must be justly proud of their beautiful City in "The Land of the Sky."

Please send me every Bulletin that you put out.

Very sincerely,
(Signed) SYDNEY G. RUBINOW.



SUGGESTIONS FOR SPRING CLEANING

Now that we are beginning to think about the spring clean-up, a suggestion for a good cleansing and disinfecting wash for courts, area walls, stables, etc., is in order. For ordinary purposes the well-known lime-wash will be found excellent. It is prepared from freshly shaken lime as follows:

Take 1 ounce of the lime to 5 gallons of boiling water, adding as you stir, one teaspoon (level full, not heaping) of table salt. This will make a wash of proved germicidal power, killing most germs effectually sealing them in when used on dry surfaces.

The United States Government formula for a whitewash, where in addition to the cleansing effect durability is desired, is as follows:

Slake half a bushel of lime with boiling water; cover for an hour; strain through a fine sieve and stir in a peck of salt dissolved in enough warm water to do the work thoroughly; boil three pounds of rice to a thin porridge and stir in while hot. Soak half a pound of glue in cold water for an hour, then bring to boiling point by setting the vessel in a pot of boiling water over the fire; stir into the lime mixture together with half a pound of Spanish whiting. Now, pour into this 5 gallons of hot water; stir for three minutes from the bottom; cover to exclude dust and let it alone for two days. Apply hot when you are ready to use it. A pint of the mixture will cover a square yard of the surface.

This wash is used by the Government in and around Army posts and forts, and is very durable, being second only in this respect to paint.—Chicago Bulletin of Health.



"Hygiene can prevent more crime than any law."—Hugo Munsterberg.

"A State which will not prevent what can be foreseen is open to indictment."—Munsterberg.

"The preservation of National vigor should be a matter of patriotism."—President Roosevelt.

"There is a budget which we pay with frightful regularity: it is that of unnecessary disease and premature death."—Irving Fisher.

"Health is the essential factor in productiveness, prosperity, and happiness, and hence in the advancement of civilization."—Sir Frederick Treves.



The way a fly's foot would look to a man if magnified enough to see typhoid bacilli, i. e., 500 times. An ideal means of transporting germs from filth to the food.

BULLETIN

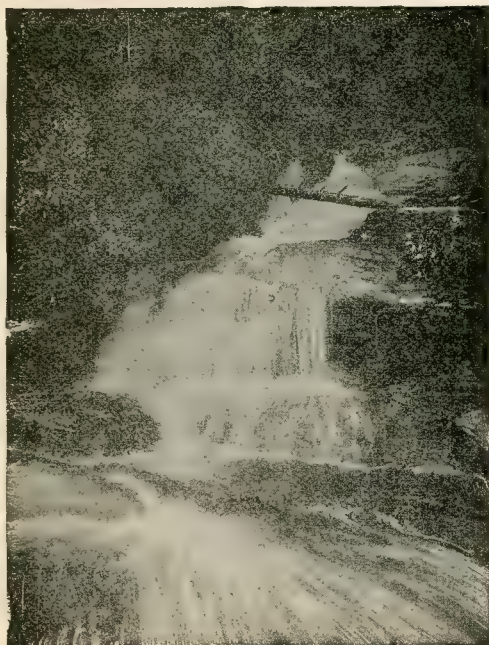
OF THE

HEALTH DEPARTMENT ASHEVILLE, N. C.

No. 5

Entered as second-class matter, September 28, 1910, at the Post Office,
Asheville, N. C., under Act of July 16, 1894.

June, 1911



The Source of Our Water Supply

We own the entire water shed. Not a foot of cleared land on it—all virgin forest, fenced and policed. No human habitation on our water shed.

ASHEVILLE opens wide her doors to the sick and the well from every clime, but she demands that the sick shall so comport themselves that they shall not become a menace to the health of her citizens or the stranger within her gates.

Health Department City of Asheville

BOARD OF HEALTH.

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 B. M. LEE, City Engineer.
 C. W. BROWN, Chairman Finance Committee,
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L. B. McBRAYER, M. D., Health Officer,
 Phones: Residence, 124; Office, 390.
 W. H. BIRD, Sanitary Inspector, Phones:
 Residence, 374; Office, 152; Stable, 294.
 L. M. McCORMICK, Meat and Milk Inspector,
 Phone 152.
 ERNEST ISRAEL, Sewer and Plumbing Inspec-
 tor.
 W. FRANCIS, Water Superintendent.

New Lines of Work Inaugurated

By Our Health Department During the Year
 Endin; June 1, 1911

The joint Health Board passed effective meat inspection laws and a well equipped abattoir was built by Zimmerman & Co., according to plans furnished by the Board of Health and on August 8, 1910, we began a rigid inspection, both ante-mortem and post-mortem, of all meat sold on the Asheville market, not already inspected by United States Government. (See meat inspection report.)

Through the kind consideration of the Market House committee and with the consent of the fire committee we have added another room to our offices, which has been fairly well equipped with desks, filing cases, etc.

Through the kindness of the Buncombe County Medical Society we are allowed to use their library and furniture, which has been transferred to our office.

Through the generosity of Dr. W. L. Dunn, a member of our Board of Health and Bacteriologist of our Board, we have been enabled to have done through his laboratory, free examinations of throat cultures for diphtheria, since which time we have enforced the rule that no case of quarantine in diphtheria should be raised until a culture from the throat showed negative; we have also furnished free examinations of throat cultures for diagnostic purposes, culture media and sterile swabs being kept in the Health Department offices. Since we have inaugurated these rules there has been a noticeable diminution in the number of cases of diphtheria in the city. And by the use of the laboratory for diagnostic purposes, much money has been saved our citizens for antitoxin and much inconvenience and expense on account of quarantine, for the law requires us to quarantine when in doubt and our value of the life of a human being requires us to give antitoxin when in doubt; with the laboratory there is no doubt, it tells us of a certainty. (See report of Bacteriologist).

Our thanks are due and are hereby tendered Dr. Dunn for this gratuitous work. It would seem that a great city like Asheville would not accept such valuable services as a gratuity. The time is near at hand when the city must provide facilities for this and other much needed laboratory work. There is urgent demand at this moment for laboratory facilities incident to the diagnosis of typhoid fever, and the city cannot afford to disregard these demands, for human life and the prevention of disease are at stake.

Through the co-operation of Drs. Jno. A. Ferrell and C. L. Pridgen of the Rockefeller Hookworm Commission, we have been enabled to examine the school children of the city for hookworm. And through the co-operation of the Superintendent and teachers of the schools, aided by the physicians of the city, we have been able to get 95 per cent. of

those found infected, treated. We are especially indebted to the free Medical Dispensary conducted by the Associated Charities, and especially to Dr. W. P. Herbert of the Dispensary staff, for giving free treatment to all hookworm subjects sent there.

On July 1, 1910, we brought out the first issue of the "Bulletin of the Health Department," which was later admitted to the mails as second-class matter. We have received many kind words of congratulation from individuals, health workers, civic societies, scientists and the press in this and many other states, on account of the Bulletin, and on account of the health work being done in the city, as set forth in the pages of the "Bulletin."

We have prepared and issued several placards and other health literature that have received favorable comment from health workers, civic societies, scientists, etc. A copy of one of our "fly-posters" appearing in the Review of Reviews for July, 1910, in an article written by Dr. D. D. Jackson, of the New York Health Department.

We have installed during the year a new and satisfactory surface closet where sewer connections could not be had, including a dumping station at the city stables. The details of the system are not fully inaugurated, but will be completed in the next few weeks. Our surface closet is an original design (see Bulletin No. 2), and has received favorable comment beyond the confines of the United States. It is received with general satisfaction by the people of our city and they are co-operating with us willingly and gladly. The new surface closet will not only improve the sanitary conditions of the city wonderfully, but the system will reduce the cost of caring for the closet to both the owner and the city. This last statement may seem paradoxical, but it is true.

While we have inaugurated the work mentioned above during the year, yet we have kept up the work of the De-

partment that has been done heretofore, and made improvements where and when we could.

We have persistently and consistently conducted a campaign of education in health matters. Our thanks are due the Asheville Street Car Company for carrying instructive placards on its cars; to Mr. H. W. Plummer for procuring films instructive in health matters and using them in his kinodrome exhibition at Riverside Park; to the daily papers who have always been ready to give space for matters of interest in health matters, and to the editors of these papers who have frequently written valuable editorials, and to Mr. Willis Borne, who has presented many valuable cartoons, illustrative and instructive. And in this part of our work we have not failed to realize that our first duty was to the city of Asheville and her people, and after that, the responsibility being equally great, to do all the good we could to all the people we could; and hence we may take a pardonable pride in the fact that the influence of this and other parts of our work has reached far beyond the confines of our city and our state.

Our thanks are due the retiring Mayor and Board of Aldermen for their confidence, encouragement and co-operation. Without these the Health Department could not have moved forward at all. The citizens of Asheville should and do appreciate their progressive and intelligent interest in the work of this Department. In this connection we desire to express our especial appreciation of the work of the Sanitary Committee of the Board of Aldermen, to whom all things in this Department are referred first hand.

We cannot close without rendering due credit and honor to those who have preceded us as Health Officers and members of the Board of Health, who had laid well the foundation, without which this year's work would not have been possible; and to the officers and employees of the Department who have,

one and all, labored faithfully and constantly, day in and day out, to the best of their ability, for without this labor and loyalty we could have accomplished little.



Burn Your Refuse

Major Eugene B. Glenn, Surgeon, Major, N. C. N. G., and a member of our City Board of Health, has returned from "the front," or "the border," as it is called now, where he spent two or three weeks as a representative of the Medical Service of the N. C. National Guard in the army manoeuvres of the U. S. A. at Fort Sam Houston, San Antonio, Texas. Dr. Glenn is very enthusiastic over the excellent sanitary conditions in the Army, and the splendid work along sanitary lines that is being done, and he believes, and others high in authority and competent to judge believe, that the health problems worked out during these manoeuvres are well worth to our country all the money spent. *Cleanliness is the watchword.* The night soil is cared for in the following manner: Latrines, one for each company, at the end of the company street are dug, 20 feet long, 20 inches wide and 6 feet deep, covered with a box seat with ten openings; each opening covered by a lid. The junction of the box with the earth is made fly tight. These latrines are burned out daily in the following manner: Remove the box seat, pour coal oil over the bottom of the latrine, then place a layer of hay, then pour over more coal oil, another layer of hay and more oil, and apply a match. One gallon of oil and twenty pounds of hay are used for each latrine. After burning, inside of box and latrine are whitewashed.

Everything in the way of garbage in kitchen and around tents is burned in the kitchen incinerator. This is improvised in the following manner: A ditch 4 feet long, 30 inches wide and 12 to 24 inches deep is dug and lined with

stone. About one quarter of a cord of wood is used in each incinerator daily. The garbage consists of pieces of meat, bread, vegetables, grease, dish-water, bones, paper and other kinds of waste and even tin cans. The tin cans are burned to remove the paper from the outside and anything that might be left on the inside that might attract flies.

The corral and picket line are policed daily, and the manure carted away and burned outside of camp. Once each week the corral and picket line are burned over; 360 pounds of hay and 20 gallons of coal oil being used for this purpose. This is done to destroy any fly eggs or maggots that might possibly be left on the surface of the ground.

In addition to this and much other splendid work that is being done along sanitary lines, every soldier and employee is immunized against typhoid fever by vaccination. Recruits are kept in quarantine for 12 days and given the vaccination.

RESULTS—Out of 12,000 men in camp for eight weeks, only one case of typhoid fever, and he a teamster. The average "sick report" is 1.6 per cent., against 4 per cent. in barracks, where water closets and all other proper sanitary arrangements are had. Contrast this with our war with Spain. Twenty per cent. had typhoid which in this instance would mean 2,400 cases against 1, and 212 deaths against none, and still paying pensions for the dead and disabled.

Is it worth while to lock the stable door *before* the horse is stolen? Is preventive medicine worth while for our Army? If so, it is worth while for our city and our homes.



One of the best boarding houses in our city feeds all scraps, slop and garbage that can be eaten by them, to her chickens and cows, the remainder she burns in her "kitchen incinerator,"—her cook stove. The only thing that accumulates on her premises to be car-

ried away is the tin cans. I know a private family that does exactly the same thing. What is done in one boarding house or one private family can be done in all. If you will not burn these things in your kitchen stove, build a fire in your back yard and burn them, *but burn your refuse. Cleanliness is the watchword. Health is wealth.*



Fence or Ambulance

'Twas a dangerous cliff, as they freely confessed,

Though to walk near its crest was so pleasant;

But over its terrible edge there had slipped
A duke, and full many a peasant;

So the people said something would have to be done,

But their projects did not at all tally.

Some said: "Put a fence around the edge of the cliff,"

Some, "An ambulance down in the valley."

But the cry for the ambulance carried the day,

For it spread through the neighboring city;

A fence may be useful or not, it is true,

But each heart became brimful of pity

For those who slipped over that dangerous cliff;

And the dwellers in highway and alley

Gave pounds or gave pence, not to put up a fence

But an ambulance down in the valley.

"For the cliff is all right if you're careful," they said,

"And if folks even slip and are dropping,

It isn't the slipping that hurts them so much

As the shock down below when they're stopping;"

So day after day as those mishaps occurred,

Quick forth would these rescuers sally,

To pick up the victims who fell off the cliff

With the ambulance down in the valley.

Then an old sage remarked, "It's a marvel to me

That people give far more attention

To repairing results than to stopping the cause,

When they'd much better aim at prevention."

Let us stop at its source all this mischief," cried he,

"Come neighbors and friends, let us rally;

If the cliff we will fence we might almost dispense

With the ambulance down in the valley.

"Oh, he's a fanatic," the others rejoined,

"Dispense with the ambulance? Never!

He'd dispense with all charities, too, if he could.

No, no! We'll support them forever!

Aren't we picking folk up just as fast as they fall?

And shall this man dictate to us? Shall he?

Why should people of sense stop to put up a fence

While their ambulance works in the valley?"

But a sensible few, who are practical too,

Will not bear with such nonsense much longer,

They believe that prevention is better than cure;

And their party will soon be the stronger.

Encourage them, then, with your purse, voice and pen,

And (while other philanthropists dally)

They will scorn all pretense and put a stout fence

On the cliff that hangs over the valley.

Better guide well the young than reclaim them when old,

For the voice of true wisdom is calling;

To rescue the fallen is good, but 'tis best

To prevent other people from falling;

Better close up the source of temptation and crime

Than deliver from dungeon or galley;

Better put a strong fence 'round the top of the cliff,

Than an ambulance down in the valley.

—JOSEPH MALINS.



The Pullman Car is Not as Clean as It Ought to Be

It would seem that the Pullman Car with its steel construction, electric lights in each berth as well as throughout the car, electric fans, electric bells, etc., had about reached the acme of perfection; but this is not true. There are two serious defects:

FIRST. The carpet and cloth upholstery in a Pullman car is dusty, uncleanly and unhealthy. All kinds of sick people ride in these cars, and tubercular people in large numbers use them. Even if sick people did not use them, they would still be dusty, uncleanly and unhealthy.

The remedy is simple and effective. Wax the floor instead of using a carpet on it; or, if a covering is desired, use linoleum, rubber tiling, or something on that order, and use leather for upholstery. Then, at the end of each trip, every part of the inside of the car could be wiped with a wet cloth, wet in an antiseptic solution if desired. However, soap and water are good enough; the necessity for antiseptics is indicative of a lack of cleanliness. The car could then be thoroughly aired, fumigated if need be, and it would be ready for use.

SECOND. The Pullman car and every other passenger car should be required to carry a storage tank for sewage. It is not right for a railroad to distribute fecal matter along its right of way, which may, and often does, drain into the water supply of a city or town. The cities do not allow them to use their closets while inside the city limits, and between Greensboro and High Point in Guilford County, this State, they are required to keep their closets locked. However, the proper requirement, and one that will protect city and country alike, is, that every passenger car should carry a storage tank for sewage, and at the end of each trip or whenever or wherever the sewage tank is emptied, it should first be sterilized with live steam, which can be done practically without expense, as they carry the steam all the while in the boiler of their engine.

Of course, it would require legislation by our National Congress to put these ideas into effect, just as was done to require the air brake and safety coupler, and the matter is most respectfully presented to our National Legislators.



"In Heaven alone no *dust* is found;
There'll be no *sweeping* there."



Dry dusting or sweeping *moves* dust,
but it does not *remove* it.

The Most Dangerous Animal in the World, the House Fly

The current issue of the Ladies' Home Journal (page 18), has a page article on the "*Most Dangerous Animal in the World, the House Fly*," by Homer Croy. This is one of the best popular articles on the subject we have seen. We advise every man, woman and child to read this article. If you are not a subscriber, buy a copy at the book store and if you can't do this, as a last resort borrow one from your neighbor, *but read the article*. We would be glad to reproduce it in full in these columns had we the space. However, the writer falls into the very common error of advising that the flies be poisoned with various chemical substances; the only way to effectively kill the fly is to *kill him before he gets wings*. Kill him where he breeds; in the horse stable by keeping the stable clean and removing the manure at least once a week.

Incidentally, Mr. Board of Trade, the work of Asheville's Health Department along this line is given much prominence in this article.



The State Press is Taking Note of the Value of Prevention of Disease

SANITARY CUBA.

Sydney Brooks, a widely known English publicist, has recently made a tour of inspection in the island of Cuba. "What most surprised me," he reports, "was to find Cuba one of the cleanest and healthiest countries I have ever come across. Its death rate is the lowest but one in the world and it was almost bewildering to be forced to realize that Havana with the terror of whose name all Europe and America have rung for 300 years is now no longer a fever den, but one of the choicest and best patronized health and tourist resorts in the West Indies."

This opinion from a well-trained and impartial observer is most gratifying. Whatever harm the Spanish-American war may have brought in its train, the world of American medicine will come to look back upon it as the beginning of the era of closer attention to what the leading scientists could do in the way of prevention of disease. Cuba, Hawaii, the Philippines and the canal zone have all proved fields of triumph for the American medical men.

The sacrifice made to antiquated methods which cost the lives of hundreds of volunteers at Chickamauga and other mobilization points in 1898 will never have to be repeated. In working out sanitation problems for sub-tropical dependencies the United States has gained a large stock of experience which is proving valuable at home.

The above quotation is from an editorial in the Charlotte Observer of May 25, 1911, and is a correct appraisal of the situation. What can be done in Cuba or the canal zone can be done in Asheville. Are you willing, Mr. Citizen? Are you willing, Mr. Mayor and Board of Aldermen? The matter of finances is now, always has been and always will be a matter of great moment to our City Administration and to our citizens, and yet, the toll taken from the citizens of Asheville last year by one—only one—disease that is entirely preventable, equaled the entire annual interest charge of the city, \$52,000. The Health Department has facts and figures to prove this if any one is interested. If we should come up and offer to pay off the entire bonded indebtedness of the city or should offer to pay the interest charge on this indebtedness, we feel quite sure that every citizen from the poorest to the richest would shout, "glory hallelujah," and the daily papers might even suggest that a park or a street should be named for us. Isn't \$52,000 saved to the people of Asheville, on account of disease prevented, of equal value with any

other \$52,000 that might be put up to pay the interest charge on our bonds?

We solicit and expect your co-operation, Mr. Citizen.

A welcome extended to the fly is an invitation for a doctor's bill. And more serious still, an undertaker's bill.—*Raleigh News and Observer.*

The house-fly will agree to no armistice and have no peace negotiations. The only way to conquer him is to end him. He never thinks of a resignation from his office.—*Raleigh News and Observer.*

There is no race suicide among the flies. They multiply by the millions and are carriers of disease and death. Therefore, there should be a war of extermination against the fly family.—*Raleigh News and Observer.*

Kill the fly before he has wings. He breeds in stable filth; keep your stables clean.



We are pleased to receive the "Public Health Monthly," published by the Health Department, Durham, N. C., Dr. Thos. A. Mann, Health Officer, editor.

Dr. Mann is one of the intelligent, energetic health officers of our State, but he does not receive the support that he should receive from the citizens of Durham. This, however, does not hurt Dr. Mann, but is a great personal loss to the citizens of his town.

The following couplet from the May issue has a pleasing jingle and expresses an important fact:

"You should always wash the feet of the flies,
Before you allow them to crawl over your pies."



Three essentials in fighting flies:

CLEANLINESS,
CLEANLINESS,
CLEANLINESS.

Resume of the Work Done by the Health Department from May 31, 1910, to May 31, 1911

Sanitary Inspector W. H. Bird reports 1,232 rooms fumigated for cash and 67 for charity; 3,293 loads of trash hauled; 698 miles of streets flushed; 950 miles of streets sprinkled; 479 dead dogs, 38 horses, 18 cows and 4 mules removed from city; and 6,712 earth closets cleaned.

For this work there was collected \$1,372.25 for fumigation; \$93.00 for hauling dead carcasses; \$867.50 for scavenger work; \$199.92 for rent of farm; \$198.35 for street sweepings sold; \$29.65 for hauling trash; \$19.00 for sprinkling private grounds; \$3.25 for disinfectants sold; \$2.00 for brooms sold; \$390.25 for County's share of Pest House maintenance; incidentals, \$120.65; with a credit of \$126.75 for bills due, making a total collected of \$3,295.82.

Beside the above the Public Schools have been fumigated whenever in the opinion of the Health Officer it was necessary, for which no charge was made.

During the school year there were 944 school children vaccinated; 1,584 examinations for hook worm and other intestinal parasites were made with the cooperation of the Rockefeller Hook Worm Commission, resulting in the detection of 110 cases of Hook Worm Disease, and 215 other parasitic infections. There were quarantined during the year 17 cases of Scarlet Fever, 27 cases of Diphtheria and 19 cases of Small Pox. There were 73 Diphtheria cultures made by Dr. W. L. Dunn, Bacteriologist of the Department, of which 4 were positive, 6 doubtful and 63 negative.

Milk Inspector McCormick reports 203 dairy inspections, 1,597 inspections of milk wagons and at creameries for dirt, 279 chemical analyses of cream and milk, 12 of ice cream; 710 dairy cattle were tested for Tuberculosis, 4 being condemned and killed; water of

15 springs and wells were analyzed on suspicion, 10 being found polluted.

From the office 850 notices have been mailed to householders, etc., and 78 notices to doctors in regard to reporting infectious diseases. There were 2,450 orders, complaints, etc., filed.

J. A. Brandl reports at the abattoir there were 2,461 cattle slaughtered, 132 calves, 1,073 sheep and 116 hogs, making a total of 3,782 animals killed since the abattoir was established August 8th, 1910. There were 2,005 pounds of meat condemned, including 2 beef carcasses, 1 sheep carcass, beef and sheep parts, livers and kidneys.

1,803 closets were inspected, 791 notices were served to property owners to build standard closets and 597 other calls were made relating to closets. In addition 47 stables were inspected.

In the territory between Montford and French Broad avenues and the river, 103 closets are now standard, 126 are standard with the exception of a minor defect, and 4 have been permanently removed.

S. W. Ray reports that he has served notices to clean up and provide manure bins at 416 stables. He has reinspected 784 stables. Has made 820 inspections of premises and has served notices to standardize 284 closets.

There have been 304 market inspections. There have been 124 water and sewer connections, 53 water connections and 29 sewer connections, making a total of 206 connections made.

The Police Department served 125 notices to provide the covered metal garbage cans for refuse required by law, resulting in a marked and very popular improvement of alleys and back yards.



Without the support of a united and aggressive public sentiment sanitary laws will avail but little.

BULLETIN

OF THE

HEALTH DEPARTMENT ASHEVILLE, N. C.

No. 7

Entered as second-class matter, September 28, 1910, at the Post Office,
Asheville, N. C., under Act of July 16, 1894.

Aug. 1911

ASHEVILLE opens wide her doors to the sick and the well from every clime, but she *demand*s that the sick shall so comport themselves that they shall not become a menace to the health of her citizens or the stranger within her gates.



“ALL attempts to urge men forward, even in the right path, beyond the measure of their light, are impracticable; augment their light and they will follow of their own accord.”

—*Robt. Hale.*



“IT IS for us to discharge the high duties that devolve upon us and carry our race onward. To be no better, no wiser, no greater than the past is to be little and foolish and bad; it is to misapply noble means, sacrifice glorious opportunities for the performance of sublime deeds, to become cumberers of the ground.”

—*Garrison.*



Health Department City of Asheville

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 W. H. BIRD, Sanitary Inspector, Phones:
 Residence, 374; Office, 152; Stable, 294.
 L. M. McCORMICK, Meat and Milk Inspector,
 Phone 152.
 ERNEST ISRAEL, Sewer and Plumbing Inspector.
 W. FRANCIS, Water Superintendent.

TUBERCULOSIS

This disease is preventable, and yet one out of every seven deaths in the U. S. is caused by Tuberculosis.

3600 people died from this disease in the State of N. C. during the year 1910 and 10,000 were ill with the disease; other states had an equal proportion, some of them much more. The horror of it: Yes, the shame of it: For every case of this disease and every death from it, is due to the carelessness of some one.

The main idea in this issue of the Bulletin is to teach well people how **not** to take consumption, and those who are suffering with it how **not** to give it to others.

The following from Dr. Lawrence F. Flick of Philadelphia, and printed in the Bulletin of State Board of Health of Maine, expresses very succinctly the fundamental principles in the prevention of this disease:

"The crux of the tuberculosis prob-

lem is prevention of implantation. Without the tubercle bacillus there could be no tuberculosis, and without implantation there could be no new cases. There are many predisposing causes which facilitate implantation and growth, but they are secondary, and in their greatest potency could not produce the disease. On the other hand, tubercle bacilli, when scattered about freely enough, might produce implantation without any of the predisposing causes. There are no doubt, individuals who could resist the development of tuberculosis to a fatal termination under any amount of exposure but in such cases implantation probably takes place and dies out.

As there is only one essential cause of tuberculosis, so there is only one positive prevention of it. Prevention of implantation is positive, while improvement of sanitary, sociological, and financial conditions is problematical. When these conditions are bad, they predispose to tuberculosis, and their improvement might contribute to prevention, but could not in itself prevent the disease. These facts should be borne in mind in selecting measures when financial resources are limited. **Incarceration and destruction of the tubercle bacillus at the time and place of exit from a host, without contamination of person, place or thing, constitute the essential elements of prevention.** This is accomplished in consumptives by depositing the sputum in a paper box or cup while it is being held close to the mouth, wiping the mouth with a paper napkin, folding up the napkin and placing it in a paper bag, and finally burning the sputum box, napkin, and bag. Such a practice renders a tuberculosis subject noncontagious and implantation from him impossible, and the prevention of tuberculosis in its last analysis consists of making every person suffering from tuberculosis in a contagious stage follow this practice. Every such case must be placed in the

custody of some one who will see that it is properly carried out.



How NOT to Give Tuberculosis to Others

See that the patient always spits into a rag or a piece of paper, which is to be burned up immediately, or to be put into a box protected from flies and burned later. If you can afford it, use a regular sputum box with tin frame and paper containers, which can be gotten at any up-to-date drug store for about 25 cents. Be careful that the patient does not soil his hands from these papers and see that he washes his hands and mouth often. If you **must** use a spittoon, put into it a quart of water and two tablespoonfuls of pure carbolic acid (poison) each morning and empty down the water-closet next morning; or, if there is no water-closet, bury it in a hole far from the house. **Let the patient cover his mouth whenever he coughs** with a rag and let these rags be burned after one use. If by accident any spit should get on the floor, on clothes, or on furniture, pour over it at once a mixture of a tablespoonful of carbolic acid (poison) in a pint of water and let it soak for two hours and then clean it up carefully.

Let the patient's cup, glass, plate, knife and fork be scalded in hot water and washing soda and wiped dry with a towel kept for that purpose after each meal. See that his napkins, towels, handkerchiefs, pillowcases and sheets are boiled or soaked in carbolic water before going to the wash.

Avoid as far as possible raising dust by sweeping, as this scatters germs around, and use wet tea leaves or wet sawdust on the floor to prevent this dust.

If possible, **keep all flies out of the sick room or, in any case, never let them get at the patients spit**, either

in spittoons or on papers or handkerchiefs, or on the hands or lips. Keep the beard and mustache shaved close, especially if the patient spits much, for they soon get soiled with spit.

Don't spit on the side walks, or other walk ways, playgrounds, lawns, or on the floors, halls or walls of a room. It spreads disease and is dangerous and indecent. **Moreover it is against the law in Asheville, and you will be prosecuted if you do.**



How NOT to Take Tuberculosis

First, by seeing that you do **not move into any room or house or work place where a consumptive or a person with a chronic cough has lived or worked or died, until it has been carefully disinfected by the Health Department.**

Second, by seeing that no one in your house, or in the place where you work, whether they think themselves well or ill, is ever allowed to spit on the floor or anywhere where their spit cannot be burned up or thrown down the sewer.

Third, by seeing that your house or work place has windows which open outdoors, and not just on some narrow air shaft, in every room; and that no windowless rooms are allowed, and that your rooms and corridors are kept as clean as scrubbing-brush, soap and hot water, open windows and sunlight can make them.

Fourth, by keeping the bodies of yourself and your family as strong, healthy, and resistant as possible by good, properly cooked, even if very simple, plain food; by frequent bathing, by sensible dressing, by avoiding late hours, dissipation, drinking and unduly long hours of work, and by spending all your rest hours as far as possible out-of-doors and in healthy amusements.

Fifth, by never cramping your lungs

by too tight clothes, or by stooped shoulders or by stopped-up noses, which prevent proper air getting to your lungs.

Sixth, by **never neglecting any cold that lasts over two weeks**, for most such colds will prove to be tuberculosis.

Seventh, by keeping your children out of sick rooms, especially people who have coughs, because children catch the disease most easily. Also, if you or they have stooped, hollow, badly developed chests, by practicing deep breathing, keeping your shoulders back and doing gymnastics to broaden your chests.



Our Laws for the Prevention of Tuberculosis

Anti-Expectoration Ordinance

"That it shall be unlawful for any person or persons to wilfully expectorate or spit on the floor or steps or other walk ways, or approach of any hotel corridor, hotel office, public office, court house, street car or any side walk in the city of Asheville; and any person violating any of the provisions of this section shall be subject to a penalty of \$1.00 for each any every such offence".

I trust that we may not be considered egotistical if we congratulate ourselves on the fact that this was the first city in the world to pass an ordinance against expectoration, and further that it has been copied by every city that lays any claim to importance and that makes any pretence at protecting the health of its citizens, throughout the entire world. A sufficient compliment to please the most vainglorious, I am sure.



Every Case of Tuberculosis Must Be Reported.

Section 470 of the City Code provides and declares that "pulmonary tuberculosis is a communicable disease and

dangerous to the public health". Section 471 and 472 read as follows:

That whenever any householder knows that any person within his family or household has a communicable disease, dangerous to the public health, he shall, within 24 hours, report same to the health department of the city, giving the street number or location of the house; and any such householder failing or neglecting to comply with the provisions of this section shall be subject to a penalty of \$25.00 for each and every such offence.

"That when ever any physician finds that any person whom he is called upon to visit has a communicable disease, dangerous to the public health, he shall, within 24 hours report same to the said health department, giving street number or location of the house, and any physician failing to comply with the provision of this section shall be subject to a penalty of \$10.00 for each and every such offence."

And section 475 reads as follows:

"That no innkeeper, hotel proprietor or manager, or other person shall rent out, let or hire any house within said city, in which a communicable disease dangerous to the public health, has recently existed, until the rooms or house and premises therewith connected have been disinfected to the satisfaction of the board of health of said city; and any person violating any of the provisions of this section shall be subject to a penalty of \$25.00 far each and every such offence".

Upon receipt of notice from the attending physician that a case of tuberculosis exists in a certain household, the health department immediatly notifies the householder of the existance of such case of tuberculosis in his house, submitting therein a brief of the law on the subject, and this notice is accompanied by a brief resume of the necessary precautions that should be taken by the patient and those who associate with him, as well

as the care and disposal of the sputum etc., in order to prevent infection of other individuals.



Our Checking Up System.

When in accordance with laws quoted above a physician reports a patient at a certain hotel, boarding house or dwelling house, this card is filed in our regular card index system, and the hotel proprietor, boarding house keeper, land lord or house holder is notified of the fact on a regular card kept for the purpose, on which is printed a brief of the law on the subject. As soon as this patient leaves this room, either by removal to other quarters in the city, or by leaving the city, or becomes cured; in accordance with section 475 of the city code quoted above, the hotel proprietor, boarding house keeper, land lord, or house holder, must notify the health department, and is not permitted to allow any one else to occupy the room vacated, until it has been fumigated by the official fumigator of the health department. The physician in attendance also notifies us of the removal of the patient and to what place, if in the city, he goes, when the fumigator finishes fumigating the room he returns a card showing for what disease the fumigation was done, who occupied the room, and the place to which they have removed

When he returns to open up the room, he tacks up in the room the following card:



HEALTH DEPARTMENT Asheville, N. C.

This room has been fumigated with formaldehyde by the Sanitary Inspector of the City of Asheville, by direction and under the authority of the Board of Health and Joint Board of Health of said city, on.....day of.....190... not because it has been occupied by any person suffering from an acutely contagious disease, but for the reason that, in the opinion of the said Board of Health, all rooms occupied by the traveling public should, for their protection, be

thoroughly fumigated immediately following the departure of each guest.

The guest who now occupies this room is requested to subscribe his name hereto, in the space allotted for that purpose, giving date of arrival and date of departure. The fact that the blanks in this card have not been filled out should mean that this room has not been occupied since the above date of fumigation. However, that no doubt may exist, specific inquiry should be made of the proprietor.

Penalties for unlawfully posting, altering or using this card are set out in the ordinance, a copy of which is hereto appended.

The Board of Health of the City of Asheville.

Per.....
Sanitary Inspector.

Room No..... House No..... St.
Name of Guest.....
Arrived..... 191.; Departed.....191..

That any person posting a fumigation or disinfection Card in any room other than the one in which it has been placed by the Sanitary Inspector, or a member of the Board of Health or the Joint Board of Health of said city, or using the said card in any manner for the purpose of misleading any one into the belief that a room has been fumigated after having last been occupied, as aforesaid, when, in fact, it has not been so fumigated, or changing or altering the true date on said card or erasing any name from the space provided for signature of guest at the bottom of the card, shall be subject to a penalty of Twenty-five (\$25.00) Dollars for each and every offense.—Ordinance passed Aug. 8, 1902.



If the patient has removed to some other point in the city, the routine starts over again, if the patient leaves the city or is reported cured, his card is removed from the active list, and of course he is not checked after any longer. In this way, you can readily see that our health department follows every case of tuberculosis from the time it comes into the city until he leaves, and fumigates every room that he occupies. In addition to this the patient must conform to our laws, rules and regulations in regard to the prevention of the spread of tuberculosis.

This is the part of the contract which he must preform in return for the privilege of enjoying our salubrious and health giving climate.

This is in accordance with the Motto of our Department which we carry on our front page, "We open wide our doors to the sick and the well from every clime, but we demand that the sick shall so comport themselves that they shall not become a menace to the health of our citizens or the stranger within our gates".

We give below copies of the various cards mentioned above for making reports.



Report of Inspector to the Health Department

I have today.....Disinfected.....
rooms in the house of.....
No.....St. and have posted
notice as required.
Cash collected.....
This room was last occupied by.....
who has left town, or moved to house of.....
No.....St.
Attending physician.....
Reason for fumigation.....
Signed.....Inspector.
.....Owner.



Health Department, City Hall, Asheville

Section 470 of the City Code designates Smallpox, Cholera, Scarlet fever, Measles, Pulmonary Tuberculosis, Diphtheria, Typhoid fever, Typhus fever, Yellow fever, Spotted fever, Epidemic Dysentery and Whooping Cough, as diseases dangerous to the Public Health.

Section 472 provides a penalty of \$25.00 for failure of any Physician to report the above diseases when found, within twenty-four (24) hours.

.....1911
Dr. Reported
M. as a tubercular case
to the Health Department. On
1911.. above case was reported as having moved
to house of.....
No.....Street (or as
having left town, recovered, died, or transferred to
care of Dr.....)
NAME (Surname first) ADDRESS
Diagnosis.....Moved to house of M.....
Name of Householder.....No.....St.
Date.....
Dr.....

FOR USE OF HEALTH OFFICER				
Date of Receipt of Notification.....
Date of Notification of Householder.....
Date of Receipt of Notice of Removal.....
Date of Fumigation.....



(ORIGINAL.)

OFFICE OF THE HEALTH DEPARTMENT

City Hall.

Asheville, N. C.,.....1911..

M
This office has been informed that.....
a tubercular patient under the care of Dr.....
is domiciled in your house. If this is so, please
report the fact back to this office within 24 hours,
as required by law. (A card for this purpose is
enclosed). And note that when the room occupied
by this party is vacated it must be disinfected by
an officer of the Board of Health. When the ser-
vices of the disinfector are required, notify this
office promptly, giving the hour when the room will
be ready to work in.
.....

(DUPLICATE.)

OFFICE OF THE HEALTH DEPARTMENT

City Hall

Asheville, N. C.,.....1911..

M
This office has been informed that.....
a tubercular patient under the care of Dr.....
is domiciled in your house. If this is so, please
report the fact back to this office within 24 hours,
as required by law. (A card for this purpose is
enclosed). And note that when the room occupied
by this party is vacated it must be disinfected by
an officer of the Board of Health. When the ser-
vices of the disinfector are required, notify this
office promptly, giving the hour when the room will
be ready to work in.

Required notice returned to office.....1911..



You can readily see from the foregoing, that Asheville, so far as infection from tuberculosis is concerned, is a much safer place to reside than is the country district where no precaution is taken, or towns which have no board of health, or whose boards of health do not look after their tuberculosis cases as does the health department of this city. In fact the death records show that of all the deaths occurring in this city, from tuberculosis in one twelve months, only one was a native. There is no place in the world, it may be said without hesitation, where a person is less liable to become infected with tuberculosis than in the city of Asheville. Any physician or sanitarian who familiarizes himself with our methods of dealing with tubercular patients, as outlined above, will corroborate this statement. Any one who is interested and desires to familiarize himself more closely with the detailed workings of this system can do so by calling at the office of the health department, second floor, city hall.

We are trying to make Asheville the safest place in the world to live from the stand point of health and we feel that our citizens have a right to congratulate themselves on the success attained thus far.



Consumption is no respecter of persons.

HOUSE-FLY & CO.*General Dealers in***Typhoid Fever, Diphtheria and Other Infectious Diseases.**

*Sickness and Death from Our Infections
Warranted to be Higher than that of
any Other Firm in the Same
Line of Business.*

Carelesstown, E. W.,
June 7, 1911.

Dear Sir or Madam:

This is to inform you that we will be at your screen door earlier than usual this summer, with a choice line of summer infections, including Typhoid Fever, Diphtheria, etc. Special inducements for babies are offered in a new line of bacteria, insuring long illness and slow death.

We desire to call particular attention to an insidious variety of Bovine Tubercle Bacillus, which we are carrying to your milk supply. This Tubercle Bacillus is warranted to produce large tuberculous glands in your children and slow tuberculosis of the bowels, which we guarantee to be fatal in 20 per cent of the cases infected.

Our firm finds it unnecessary to call the attention of our patrons to Results. We GET them. Look at your cemeteries filled with the patrons of the line of products we carry. Visit your hospitals: the beds are occupied by those we infected. Not a city in the country has less—many more—than 10 per cent of its people sick. No other firm can point to so many cases of typhoid or so much illness among babies as we can, as a result of our methods.

Every July, August and September we increase the sickness and death of the babies several hundred per cent; we cause babies to die by the thousands. We laugh at our enemies who dole out insect powder, which only gives us a good drunk, and fly poison, which does not materially interfere with our business. No one can hurt us until the vault, manure heap, open garbage pail and dirty yard are wiped out. Of course,

that won't be done right away.

Yours for dirt, disease and death,

HOUSE-FLY & CO.

TO MADAM CARELESS HOUSEWIFE,
MR. INDIFFERENT CITIZEN.

—(Life)

P. S. We make a specialty of the careless spitting consumptive who has no regard for himself or other people and sits by a second story window and spits down on the lawn, or on the sidewalk in towns that will allow it or in an old fashioned spittoon. We are immune to the tubercle bacillus, in fact "we eat em alive" and grow fat on them. In this instance we carry out the adage to "live and let live" for when we are done with them and they pass out in our excretions, they are alive and active, and if a careless spitting consumptive is around, we guarantee that every fly-speck deposited on your ceiling, your tablecloth, your plate, or the piece of bread and butter in baby's hand, will contain these germs of consumption and infect fifty per cent of those who swallow them. We also guarantee to carry millions of the germs of consumption on our feet, legs and bodies and we can make 100,000 trips per day between the spittoon and the dining room and kitchen and empty our load both inside and outside of us into your milk, butter, syrup or anything in the way of food that is left exposed.

Who said this careless spitting of consumptives should not be allowed? Bah. That would interfere with the personal liberty of both the patient and ourselves. Let him alone. He will die before long, but before he dies we will be able to infect a large number of people from his spit. Besides, few towns would be so foolish as to pass ordinances in regard to consumption; it might make people think they allowed consumptives to come into their town. We are in no danger from this source, certainly not for a long time yet.

Yours for the spread of consumption,

HOUSE-FLY & CO.

With Apologies to "Life"

Sunlight is a good light to illuminate the path toward health.
 "Let the blessed sunshine in."

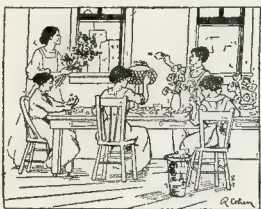
Which Way Are You Going?

To Good Health and Long Life  To Consumption and Early Death



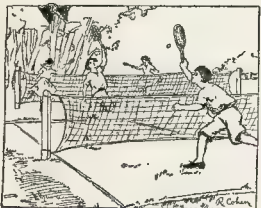
**Sleep
With the
Windows Open**

Clean Air
Pure Blood
Good Health



**Work
and Study
in Pure Air**

Pure Air
Makes Mind
and Body Alert



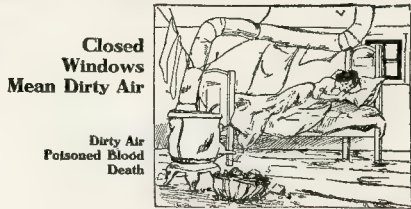
**Play in
the Clean
Open Air**

Keep Out
of Doors as
Much as Possible



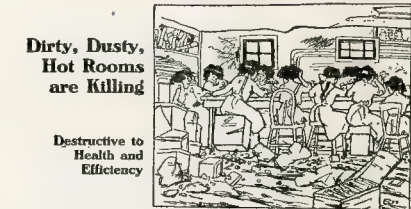
**Eat Clean,
Nourishing
Food**

Keep
Flies and Dust
Away from Food



**Closed
Windows
Mean Dirty Air**

Dirty Air
Poisoned Blood
Death



**Dirty, Dusty,
Hot Rooms
are Killing**

Destructive to
Health and
Efficiency



**Indoor Play and
Play in Dusty Places
is Not Healthful Play**

Exercise
in Dirty Air
is Dangerous



**Dirty
Food Kills
Thousands**

Flies
and Dust
Contaminate Food

NEVER DO THESE THINGS

Don't spit in public places; no spit no consumption.
 Don't "swap" gum, apples, etc. There's spit on used gum.
 Don't put pencils or money in mouth; there's spit on
 pencils and filth on money.

Don't eat candy, fruit or pastry that has been exposed
 to flies or dust; there are all kinds of germs on such.
 Don't sneeze or cough in another's face.
 Don't let others infect you this way.

We may do without food for weeks, water for days, but we
 cannot do without air for a few minutes.

BULLETIN

OF THE

HEALTH DEPARTMENT
ASHEVILLE, N. C.

No. 8

Entered as second-class matter, September 28, 1910, at the Post Office,
Asheville, N. C., under Act of July 16, 1894.

Sept. 1911

“THE conservation of the vitality and efficiency of our people is a problem of the first magnitude, demanding immediate and intelligent attention.”

—*U. S. Senator R. L. Owen.*



“IT IS very difficult to understand why there should be any opposition to anything that tends to increase the efficiency of the public health service in this country”

—*MISS MABEL BOARDMAN*
American National Red Cross Society



Health Department City of Asheville

BOARD OF HEALTH.

MAYOR J. E. RANKIN, Chairman.

B. M. LEE, City Engineer.

C. W. BROWN, Chairman Finance Committee,
B. of A.

DR. L. B. McBRAYER.

DR. F. J. CLEMENGER.

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SANITARY COMMITTEE BOARD OF ALDERMEN.

W. R. PATTERSON, Chairman.

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F. STIKELEATHER.

EXECUTIVE OFFICERS.

L. B. McBRAYER, M. D., Health Officer,
Phones: Residence, 124; Office, 390.

W. H. BIRD, Sanitary Inspector, Phones:
Residence, 374; Office, 152; Stable, 294.

L. M. McCORMICK, Meat and Milk Inspector,
Phone 152.

ERNEST ISRAEL, Sewer and Plumbing Inspector.

W. FRANCIS, Water Superintendent.

DECREASE OF TYPHOID FEVER.

We have had fifty per cent. less typhoid fever in Asheville this year than ever before. This means that the people of Asheville have been saved a sufficient amount on typhoid alone this year to pay the semi-annual interest charge on the entire bonded indebtedness. Do you think it is really worth while, Mr. Tax Payer?



The Board of Aldermen of Asheville appropriates \$500.00 for equipment of the Health Department Laboratory.

We are much pleased to announce that the Board of Aldermen at the regular session, Friday night, September 15th, appropriated \$500.00 for the further equipment of our laboratory. This is a step in the right direction. Every officer and employee connected with our department is thoroughly imbued with the idea of progress. We

are glad that the city Administration appreciates this policy, and shows its appreciation in this substantial way.



We are indebted to the Chicago Bulletin for the cuts appearing on the last page of our issue of July, August and September, and for other valuable information. This is one of the best bulletins that comes to our desk, and is doing an immense amount of good.



Trinity College Establishes a Course In Hygiene and Sanitation.

It is with great pleasure we note that Trinity College, at Durham, N. C., has established a course in Hygiene and Sanitation. The dead languages are all right. They help us to understand our own. But if one has not time to cover all these things, he had better learn to protect himself; how to keep well and strong, and leave the dead languages alone. We congratulate Trinity College. With her large endowment, which seems to be only limited by her needs, she should set the pace for education in the South. She has taken a long step forward in the right direction in establishing the course above mentioned.



OUR BAKERS' BREAD.

Some of our bakers have made great improvements in their bake rooms in the last few weeks, others have improvements under way. All of the improvements have been made at the suggestion of the Health Department, and are intended to secure more cleanly methods in the preparation and handling of the bread and cakes that you eat. It might be interesting to the bakers as well as the patrons if you would take the time to go into the bake room and see how things are done.

In regard to the delivery of the

bread, we are pleased to state that if you desire, your baker will wrap your bread in paper before it leaves the bakery thereby preventing its contamination in transit from the bakery to your house, including, of course, the handling of the bread by the dirty hands of the delivery man who drives the wagon, hitches and unhitches his horses, and other things liable to make his hands filthy. One of the bakers is wrapping about thirty loaves per day. He is doing this for particular people. He will do it for you if you ask him. If he don't, try another baker.



RABIES.

There is no other infectious disease known in regard to which popular ideas are at such variance with the known facts as demonstrated by scientific research and the study of statistics gathered in all parts of the world.

Some do not believe that such a disease exists. Others think that the bite of any dog or cat is certain to produce it. Between these extremes are those who look for such popular signs as a "black tongue," or still think that a "Mad Stone" will infallibly cure, and that it is a hot weather trouble, developing spontaneously.

Although still so rare in this country, that many physicians have never even seen a case, those who have been obliged to watch a patient suffering with it know that its horrible results fully justify the popular dread of the disease.

Dr. Henry R. Slack of the Pasteur Institute of Atlanta finds that in the first four years of the last decade 1900 to 1904, the average number of patients taking treatment was 59.5, while, for the last two years the average was 487.5—an increase startling enough to cause deep concern to the whole country, and especially the South. Even after making most liberal allowances

for increased knowledge, which may have led more suspected cases to their doors, (which must be balanced by the fact that many states during the decade have established their own state Pasteur Institutes, thus restricting the territory from which Atlanta drew its patients.) This rapid increase undoubtedly calls for most careful consideration of all citizens. Rabies, or hydrophobia is an infective disease in the strictest sense of the word, being always caused by direct infection from some animal having the disease, to the healthy animal. In nature this is always a bite or a wound. The exact nature of the germ is not known, it can not be cultivated in serums or other media except in living animals, but enough is known to make it certain that it never appears spontaneously, however difficult it may be to trace a source of infection.

The normal course of incubation of street rabies, that is, an accidental infection from the rabid dog, requires (15) to (90) or more days. It is definitely proved that a bite from a dog that does not develop rabies within (10) days is not infective, even tho the dog may afterwards develop the disease.

The symptoms of Rabies are of great importance—the knowledge of them are the only methods of recognizing the disease without post-mortem examination, thereby enabling measures to be taken to avoid danger. These symptoms are generally described under two types, the furious or irritable, and the dumb or paralytic. The latter type is always seen in the terminal stages of the former; and, when the cases are of the dumb form from the outset, it is probable that the toxemia is overwhelming, and such cases usually run a more rapidly fatal course.

The Furious Type.

In the furious type, following the variable period of incubation, there is

first noticed a change in the disposition of the animal, which should at once excite suspicion. Playful animals become morose and quiet, while reserved dogs may become unusually affectionate. The animal is nervous and easily excited, but obeys any command of its owner. In the course of a day or two the nervous condition increases and the animal becomes irritable and may snap if approached suddenly or startled. The bark becomes changed to a long drawn out combination of a whine and a howl, impossible to describe but never forgotten when once heard. The animal if loose may pick up and swallow straw, sticks, stones, leather, and other foreign bodies. In some cases there is a tendency to bite parts of the skin, usually at the point where the animal was bitten.

There is a marked tendency in these early stages for the animal to seek quiet spots and to hide in corners or dark places. If an attempt is made to move the animal, the person is in great danger of being bitten. The restlessness of the animal becomes more marked. He may stand looking intently into space as if at an imaginary object. There is difficulty in swallowing, and saliva may dribble from the mouth. The irritability increases until the animal becomes furious, biting at a stick or other object thrust toward him. At this stage, if the animal is not secured, he may leave home and travel for miles. During the long journey he will fight with dogs and attack other animals in his path, but **never barks or makes any outcry during these attacks.** The animal may go 20 to 25 miles from home, but always returns, if not prevented, in an exhausted condition, covered with wounds and dirt and greatly emaciated. Signs of commencing paralysis now appear, with dropping of the lower jaw, inability to swallow, and irregularity in the pupils. The legs finally become paralyzed and

the animal passes into the dumb form of the disease.

Dumb Rabies.

This form of the disease occurs in only a small percentage of the cases. The symptoms are somewhat similar to those of furious rabies except that marked irritability is absent and there is an early appearance of paralysis. This form of the disease, therefore, renders the dog less dangerous than the furious type. The animal lies quietly in some secluded place and appears to be stupid. The paralysis of the jaw comes on early, the tongue protrudes and becomes congested and covered with dirt, giving rise to the term "black tongue," which is a bad synonym used in some localities, especially in the South, for this form of the disease. The use of this term to designate dumb rabies should be discouraged, as it tends to confound the disease with dog distemper. The hind legs, trunk, and forelegs become paralyzed, and death usually ensues in about three days, while the furious type lasts from six to eight days.

Recovery from rabies in the dog after well-marked symptoms have developed is possible, and authentic cases have been reported by Pasteur, Roux, Babes, Courmont, and Remlinger. This is so rare, however, that it is of little importance except in cases where a person has been bitten by a dog showing all the symptoms of rabies and the animal afterwards recovered. The saliva in such cases remains virulent for several days or a week after the subsidence of symptoms, and a diagnosis can be made by inoculating rabbits with some of the salivary secretion.

Summary of Symptoms.

The important symptoms, any one of which when well marked should render the dog suspicious and lead to its being confined, are. (1) Change in

disposition; (2) alteration of voice; (3) inability to swallow; (4) leaving home and returning in an exhausted and emaciated condition; (5) paralysis of the jaw; (6) swallowing abnormal substances, as wood, stones, etc.

Proper Disposal of Dogs After Biting Persons.

In many cases in which a person is bitten by a dog there is immediately a great popular clamor to have the animal at once destroyed. This should always be discouraged. The mere fact that a dog inflicts a bite on a human being does not by any means prove that he has rabies. This is the dog's only means of defense and he bites instinctively when harmed. When the dog has been killed at once and sent to the laboratory, an examination is made for the microscopic evidence of rabies, which often is not found, as in many such cases the dog is not affected with rabies. In order to be on the absolutely safe side, however, the laboratory is then required to inoculate rabbits with the brain tissue. The incubation in rabbits requires at least two weeks, during all of which time the person bitten is kept in suspense. On the other hand, if the animal were left to live it could be examined by a competent veterinarian for evidences of rabies, and if it remained normal for ten days the bite would be safely pronounced harmless.

Therefore, after a person has been bitten, **do not kill the dog** unless a competent veterinarian has pronounced the disease rabies or the dog is showing well-marked symptoms. Instead, when practicable, the animal should be confined and watched carefully for a week or ten days. In case suspicious symptoms do develop the dog should be examined by a veterinarian familiar with the disease, and if he pronounces the case rabies the animal may then be killed and the laboratory will be able to find the pathog-

nomonic microscopic evidences. At the end of ten days the dog may be killed, if so desired, but if the animal is valuable and shows no symptoms of rabies there is no reason for destroying it. In this way valuable dogs can often be saved to their owners.

Post-Mortem Examination of Carcass.

When a dog suspected of having rabies has died or been killed a post-mortem examination should be made. In rabies there are no absolutely characteristic post-mortem findings. Particular attention should be paid to the stomach. The mucous membrane of this organ is frequently congested, and in some cases a marked inflammation is present. Foreign bodies, as sticks, straw, stones, coal, dirt, etc., and an absence of food in the stomach are very suspicious indications of rabies. The absence of these conditions, however, does not by any means exclude rabies. Undoubted cases of the disease have frequently been received at the laboratory where a considerable quantity of food was present in the stomach and the mucous membrane was in a normal condition. Redness and congestion of the pharynx and larynx with cerebral and meningeal congestion are also to be found in some cases. A negative post-mortem examination when the animal has died naturally also tends to suggest rabies as the cause of death. From the fact that the pathological alterations are not constant they are not relied upon to any extent in the laboratory. There are cases; however, in which, the microscopic changes being indefinite, we are forced to get all possible information, including history and post-mortem findings, if we are to draw conclusions without waiting for rabbit inoculation to decide definitely the diagnosis.

Method of Preparing Parts to be Forwarded to Laboratory.

It is only necessary to forward the

head to the laboratory after the post-mortem examination has been made. This is removed with the skin intact by cutting through the middle of the neck. It should then be wrapped in dry cheese cloth or other material and forwarded by express. During very warm weather the head, after being wrapped, should be placed in a tin receptacle and packed in a wooden box containing chopped ice. By removing the head at the middle of the cervical vertebrae the plexiform ganglia are left intact and upon arrival at the laboratory they can be removed and examined microscopically for the lesions described by Van Gehuchten and Nelis, and a diagnosis can be made within twenty-four hours.

This plan is not practical in summer when several days are required for the head to reach the laboratory, as the brain undergoes softening, becomes invaded with bacteria, and the experimental rabbits inoculated are liable to death from septicemia. Putrefactive changes are also liable to occur in the ganglia, and thus render the conclusions from their examination indefinite. In case the time required to reach the laboratory is considerable and the weather warm, the brain, including the medulla oblongata, should be removed as carefully as possible in one piece, immersed in two or three times its volume of pure neutral glycerin, and sent in this manner. In large animals one cerebral hemisphere and the medulla are sufficient. In some cases even with this method the Negri bodies can be demonstrated in the large nerve cells of the hippocampus major, and thus a diagnosis can be made in a few hours without waiting for the rabbits to develop the disease, which requires from two to three weeks.

It must be remembered, however, that to get the best results with the rapid methods of diagnosis it is essential that the animal be allowed to die nat-

urally from the disease or that it be destroyed only after symptoms are well advanced. When the animal is killed in the early stages the changes in the nervous system have frequently not developed sufficiently to be recognized.

Value of the Treatment.

The value of the Pasteur treatment can not be overestimated. In 1896, nine years after the parent institution in Paris was founded, there were still many who doubted its value. In this year a commission was appointed by the House of Commons of England, consisting of Paget, Brunton, Fleming, Lister, Quain, Roscoe, Sanderson, and Horsley, to ascertain the value of the treatment. After exhaustive investigation this commission reported that Pasteur's inoculations were as valuable against rabies as Jenner's vaccination was against smallpox. The statistics of the large number of Pasteur institutes during the past ten years are alone sufficient to prove that this was one of the greatest of Pasteur's discoveries. Without the treatment the mortality ranges from 10 to 80 per cent of the persons bitten. With the treatment the mortality statistics covering thousands of cases is always less than 1 per cent, and during recent years has been reduced to from 0.3 to 0.5 per cent. The observations of Brawnner, of Georgia, noted above, are very convincing in this connection.

Eradication of the Disease in Any Territory.

If eradication were once accomplished all that has been said about treatment would be rendered unnecessary. Furthermore, rabies is one of the most easily eradicated of all infectious diseases.

The factor of success in the undertaking can be summed up in three words, namely, **muzzling all dogs.** Could this be efficiently carried out in the United States for a few years rabies would be entirely eradicated, as has

been demonstrated by the experience of other countries. Other domestic animals have the disease, it is true, but its transmission by these animals is rare and need not be considered. Wild animals as a factor in its spread may require consideration in a few localized sections of the country.

When the muzzling of dogs is suggested, however, the sanitarian meets with many obstacles. Many dog lovers can not appreciate, or are indifferent to, the anxiety, mental terror, and suffering of several thousand human beings in our country yearly, and the actual death of from 100 to 300 yearly, not to mention the suffering and death of countless dumb brutes. But once a dog-muzzling law is passed dog owners are up in arms, using their time, influence, and money to secure its repeal or prevent its enforcement on the ground of alleged cruelty. In reality there is no cruelty whatever inflicted on a dog by causing it to wear a muzzle when in public places or running at large. The animals soon become used to it and manifest not the slightest inconvenience.

In the absence of muzzling the disease will continue year by year, causing constantly increasing suffering, financial loss, and death.

Results of Muzzling Dogs in Other Countries.

To prove the practical value of these repressive measures we have only to observe the results obtained in foreign countries. Prior to 1875 rabies had been prevalent in Berlin for many years. In that year a law was enacted including the whole of Prussia, which provided for the killing of dogs suspected of having rabies, and the muzzling and leading of all dogs when in public places. This led to a complete eradication of the disease, and no case has occurred in Berlin since 1883.

In Holland in 1875, rabies being quite prevalent, dog muzzling was es-

tablished. The disease immediately began to disappear, and in 1879 only 3 cases were reported, since which time the country has been free from the disease, except along the Belgian border.

In Great Britain the value of muzzling, which was enforced in spite of great public opposition, has been admirably demonstrated. In 1889 it was first adopted, and the disease had almost disappeared by 1892, when the muzzling was stopped on account of the determined opposition. The disease immediately began to increase, and in 1895 muzzling was again enforced. The decrease in rabies was immediate and marked, and since November, 1899, the country has been entirely free from the disease.

In Sweden the value of muzzling has also been demonstrated. In fact, in all cases where this measure has been effectually carried out the disease has been completely controlled.

The disease has never been known in Australia. This is due to the fact that the infectious agent never gained a foothold in that country, and for a number of years the government has wisely prevented such an unfortunate occurrence by laws which absolutely preclude the importation of dogs into that country.

In countries where steps have been taken to exterminate rabid dogs—Holland, Sweden, Norway, and Germany—rabies in man has almost disappeared. In England, where the disease in dogs has been eradicated, and in Australia, where the affection has not been allowed to enter, the disease is unknown in man.

In preparing this article we have drawn largely upon the data and conclusions of Government Reports prepared by Drs. G. H. Hart and John R. Mohler of the Bureau of Animal Industry, and Drs. A. M. Stimson and J. W. Kerr, of United States Public Health and Marine Hospital Service.

Two babies die in the United States every minute. One hundred and twenty babies every hour. 60% to 75% of these deaths are easily preventable. Seventy to ninety babies that die could be saved every hour. Is it worth while?



BULLETIN

OF THE

HEALTH DEPARTMENT ASHEVILLE, N. C.

No. 9

Entered as second-class matter, September 28, 1910, at the Post Office,
Asheville, N. C., under Act of July 16, 1894.

Oct. 1911

ASHEVILLE opens wide her doors to the sick and the well from every clime, but she *demand*s that the sick shall so comport themselves that they shall not become a menace to the health of her citizens or the stranger within her gates.



“THE conservation of the vitality and efficiency of our people is a problem of the first magnitude, demanding immediate and intelligent attention.”

—U. S. Senator R. L. Owen.



“IT IS for us to discharge the higher duties that devolve upon us and carry our race onward. To be no better, no wiser, no greater than the past is to be little and foolish and bad; it is to misapply noble means, sacrifice glorious opportunities for the performance of sublime deeds, to become cumberers of the ground.”

—Garrison.



Health Department City of Asheville

BOARD OF HEALTH.

MAYOR J. E. RANKIN, Chairman.

B. M. LEE, City Engineer.

C. W. BROWN, Chairman Finance Committee,
B. of A.

DR. L. B. McBRAYER.

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Phones: Residence, 124; Office, 390.

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Residence, 374; Office, 152; Stable, 294.

L. M. McCORMICK, Meat and Milk Inspector,
Phone 152.

ERNEST ISRAEL, Sewer and Plumbing Inspector.

W. FRANCIS, Water Superintendent.

James Freeman Clarke spoke a parable when he said: "That civilization is cheap and weak which has not the backbone of conscience in it."



"The boy without a playground is father to the man without a job." Chicago has spent \$11,000,000 in the last ten years, and New York \$16,000,000 in the same length of time, for playgrounds. Wonder if Asheville is going to wait to establish playgrounds for her children until it becomes as expensive as it has been in the cities mentioned?



The Austin disaster is shocking to our sensibilities, and the press is demanding that the negligent person responsible for the breaking of the dam should be severely punished. And yet,

ONE MILLION people die in the United States every year from preventable diseases, and we take it as a matter of course. The man whose negligence allowed the dam to break and destroy sixty or seventy lives is deserving of censure. The men and women who sit idly by, and by their negligence and ignorance cause the million deaths in the United States every year, are equally deserving of censure. Will some good politician break this news gently to our county commissioners?



The Health Department of Asheville is not trying to injure any person's business. But it is trying to co-operate with the various business men of the town, dairymen, etc., so as to improve their business, and help them to do it in a sanitary manner. We think that perhaps all of the business men of the city appreciate our attitude in this matter.



The current issue of Pearson's Magazine has a splendid article on "Public Health versus Private Gain," by Earl Mayo. We would suggest that every one interested in public health read this article. We shall take the liberty of quoting from it. The following statements appear rather striking:

"One million Americans are always needlessly sick. Who prevents this from being changed?"

"Unnecessary sickness and death costs these United States of America—this government 'of the people, for the people and by the people'—FIVE

HUNDRED MILLION DOLLARS every year."

"If it were announced that during this year the whole population of South Dakota were to die of yellow fever, or earthquake, or other pestilence, the people of these United States would be shocked, and the newspapers would carry great scare headlines about it, and it would be on the tongue of every man, woman and child; and there would be no end to the time and money spent in the effort to save these people. And yet, scattered throughout the United States, human lives equaling the population of South Dakota are annually sacrificed to disease through ignorance and neglect of reasonable and known preventative measures." Asheville is spending \$25,000 this year to help her citizens avoid their part of the pain, anxiety, suffering and expense incident to these diseases and deaths that are preventable. We invite your co-operation, Mr. Citizen.



Two Contagious Diseases of the Eye

Pink Eye.

Its clinical name is equally suggestive, i. e., acute, contagious conjunctivitis. It occurs most often in spring and fall months when it is caused by wind and infected dust, and for this reason it is often epidemic. About two days after infection the lining of the lids becomes of a bright red color, hence the name, "Pink Eye." The lids become swollen and the under surface has a juicy appearance. The patient

complains as if a foreign body were in the eye and of itching and burning of the lids. There is always great discomfort and inability to use the eyes—tears overflow—light hurts the eyes, and in severe cases there may be hemorrhage on the eyeball.

The disease reaches its height in about three or four days, and the acute stage lasts about ten days, and if not properly treated passes into the chronic form. Ulceration of the cornea may result, then the disease is much more serious.

How Communicated.—The discharge from the eye is the cause of infection in others. One can readily see why the disease travels so fast and infects so many. The hand that rubs the itching eye infects the books, towels, handkerchiefs, door-knobs and any article with which it comes in contact. Flies, too, are largely responsible for the spreading of the disease. Bandaging and poulticing the eye should never be done, as this tends to cause ulceration of the cornea. Serious complications only follow improper methods of treatment. The disease yields readily to treatment. Consult your physician.

Trachoma.

Another disease far more serious, called "Trachoma," or true "granular lids," has been brought to us from foreign countries. In many countries, as Poland and Russia, it causes fifty (50) per cent. of all the blindness. The disease is common in the Western Prairie districts of the United States where sand storms are frequent. Dr. Ball states "The prevalence of the disease keeps pace with the destruction of the

forest." It does not thrive in high altitudes.

The under surface of the lids has the appearance of "sago grains." These granulations act as foreign bodies not unlike the tubercle, and like the tubercle gives rise to inflammation and destruction of tissue. Symptoms of Trachoma in the early stage resemble many of the simple eye diseases. The lids become red and thickened and there is more or less yellowish discharge from the eye. This discharge causes infection in others. Later the lids become hard, and have a gristly appearance; the lining of the lid is more or less destroyed and drawn out of shape. The cornea sooner or later becomes involved, ulcers form, and the sight gradually becomes covered with small blood vessels and fleshy-like tissue.

From the acute stage it passes into the chronic form, and this, if not treated, may last a life time, rendering life miserable and reducing the individual to a state of helplessness, if not total blindness.

This disease is communicated in the same way as "Pink Eye." It spreads more rapidly in schools and among people who live in crowded places and are careless in regard to cleanliness.

No child should be allowed to attend school if there is the slightest discharge from the eyes; or even if the child has any kind of sore eyes, but should be sent home by the teacher with a note to the parent calling attention to the child's eyes, and requesting that the parent call the family physician. The child should not be allowed to return to school until the physician so advises.

Baby's Sore Eyes

There is a sore eyes that comes on in babies from one to four days after birth that causes blindness unless it is properly and promptly treated. The first thing noticed is that the eyes are a little red and perhaps the lids are glued together, in a few hours a discharge of white creamy pus begins, the infant is unable to open the eyes because of the pain caused by the light. Unless the little babe receives treatment by a good doctor quickly, its eyesight will be destroyed and it will have to grope its way through this bright beautiful world in utter darkness.

It is estimated by those competent to judge that one-half of all the blindness in the world is caused by this kind of baby's sore eyes and if we were to estimate the cause of blindness in children it would be safe to say that this causes 90 to 97 per cent. of it.

What It Costs Us in Dollars.

The last census showed that we have 60,000 blind persons in the United States. Counting the cost of caring for these blind persons and adding the net earnings of an able-bodied individual of the same age and condition who has his eyesight and a conservative estimate of the cost to the United States of blindness caused by this "baby's sore eyes" places the amount at seven million dollars annually.

Add to this cost in dollars and cents the suffering and the life of darkness, inability to read or see, and the cost to the human being is beyond computation. And all this could have been PREVENTED at 1-10 of a cent apiece. The 30,000 in the United States who are blind today on account of this "baby's sore eyes" could have had their eyesight like you and I for thirty dollars—1-10 of a cent apiece. We are paying seven million dollars a year for what we could have saved for \$30. Does that strike you as good business methods? Do you think that preven-

tive medicine such as this is worth while? Do you think we should let this go on for fear we will interfere with the liberty of the parents? Do you think we should accord the parents the liberty (?) of causing their child to be totally blind for life? The laws of our land would not allow them to treat their cat or dog or hog or horse this way. Is not the dear little babe of more value than a dog?

How It Is Done.

By placing in each eye of the infant, immediately after it is born, 1 drop of a 1 per cent. solution of nitrate of silver, this disease and blindness is prevented. So simple you say. Yes, and so effectual and inexpensive.



Headaches Caused by Eye-Strain

It is a fact that about one-third of both children and adults have such a condition of curvature of parts of the eye that the focus is so out of plumb that more than the normal amount of pull or work is thrown on the little muscle inside the eye, that, by its action, enables it to change the focus so as to see clearly at different distances. This is the muscle of accommodation, and is involuntary, being made to act only by light.

In farsightedness, astigmatism, farsighted astigmatism, mixed astigmatism, and nearsighted astigmatism, the increased or excessive amount of work required of this muscle, especially when looking at the small points on, or features of, distant objects, etc., or when doing reading, writing, embroidery, stenography, or near work of any kind, makes constant drain on the nervous energy and gives rise to various symptoms. Headaches varying in severity and frequency, occur in three-fourths of all persons having such conditions of the eyes, and is caused partly or entirely by said condition of the eyes, and can be partly or entirely relieved

by constantly wearing lenses accurately measured or tested, and nothing else will relieve it.

There are other troubles along with the headache, viz., blurring or running together of print, redness of the lids and whites of the eyes, fear of light, watering of the eyes, burning, stinging and scratching of the lids, aching of the eye-balls, drowsiness, nervousness and indigestion. Any one or more of these symptoms may be present when there is headache; and any two or more of these symptoms are present in the one-fourth of these eye-strain cases who do not have headaches. Pupils who have an eye-strain condition with or without headache, find it difficult to see the print as fast as they could read it, and are embarrassed to read aloud before the class. The headaches are in the temples, or forehead, or back of head and neck.

Eye-strain is not commonly the cause of the headaches that are exclusively in one side of the face or head. Obstruction or disease in the nose or naso-pharynx (space behind the nose) as adenoids, colds, etc., are often causes of headaches, and are often factors with eye-strain in causing headaches.

In three States the Legislature has enacted laws requiring an examination of the eyes, ears and nose of all pupils at the beginning of the school year. A special test card should be put in the hands of each and every teacher with simple instructions that are easily followed, and a warning card showing whether eye, ear or throat is defective. These cards should be filled out and sent to parents.

One-third of all school children have errors of refraction, but when in perfect health they give no trouble; but after an attack of typhoid, pneumonia, la grippe, measles, mumps, whooping cough, diphtheria, scarlatina, and many other general diseases, they notice headaches, blurring of print, burning

of the lids and watering of the eyes, etc. after reading, and continuous use of the eyes. These cases are usually easily relieved, and after relief the children do far better work without pain. If you have any trouble of any kind with your eyes consult your physician. When in doubt, consult your physician.



What Are Our County Commissioners Doing?

A determined effort has been made by the County Board of Health to get the county commissioners interested in health work. So far to no avail. The County of Buncombe does not spend one cent on public health work, save a few dollars, less than fifty per annum, I should say, on quarantine work which is required by the State. Asheville pays three-fourths of the taxes of Buncombe County. Has spent twenty thousand dollars per year to great advantage in prevention of disease among her citizens. She was anxious that the county commissioners should spend \$1800.00, and perfectly willing to pay three-fourths of this amount. But the commissioners say NO. The people of Buncombe County will perhaps have a say one of these days. It will be interesting to note their verdict.



In Farmers Bulletin 459 issued by the United States Department of Agriculture under date of July 31st, 1911, on the subject of HOUSE FLIES, by L. O. Howard, Chief of Bureau of Entomology, on page fifteen under the title "What Cities and Towns can do," Asheville is given credit for having been the first City to enact laws in regard to the house fly nuisance. The date is mentioned as the spring of 1906, while as a matter of fact the campaign began in the fall of 1905; and the Ordinance was passed by the

Board of Aldermen March 6th, 1906. The Health Department of the District of Columbia was a close second, formulating their rules on May 3d, 1906.



Tasmania has a death-rate of ten per 1,000. It is also conducting a crusade against consumption, based, says the "Medical Officer" on common sense lines. It has examinations for inspectors and school teachers in hygiene and is now planning a movement to have hygiene taught in the homes. Instruction is given to girls and women in a three months' courses of hygiene, sick-nursing and feeding and care of children, it being recognized that without the intelligent co-operation of the people there cannot be permanent advancement in the public health work.



We are indebted to Dr. E. R. Russell for the article on "Pink Eye" and "Trachoma," and to Dr. R. G. Buckner for the article on "Headache Caused by Eyestrain," appearing in this issue.



Director General HOUSE FLY & CO.

Department of Recruiting & Subsistence.

Special Orders No. 1.

To all our Distributors, Descendants, and Coadjutors:

TAKE NOTICE!

Asheville, North Carolina is no fit place for a fly to live. In this city they have a widely extended water and sewage system and where this is not had they have a fly-tight surface closet that is frequently inspected and kept scrupulously clean. Their backyards are inspected twice a month and oftener and are as clean as their front yards; their garbage is kept in metal cans

with tight fitting metal covers; no consumptive or other person is allowed to spit on the sidewalk, but must use an especially prepared sputum cup both indoors and out and burn his sputum. When he moves from one place to another, the room vacated is required by law to be fumigated, and they do it. Their dairies are frequently inspected and you cannot get a chance at the milk. To add insult to injury every cow furnishing milk to the citizens is tuberculin tested at least once every year and all those showing any infection are cremated. The milk is delivered to the houses in bottles tightly sealed and you have no chance there.

Our advance agent reports that about May 1 she visited the stables in Asheville and found nowhere to lay her egg. The stables were all clean, and in or near every one of them was a manure bin, and when an attempt was made to do business here, the manure was removed without the city; from some bins every day, from some every two or three days, from all at least once a week. And there is nothing doing in the fly line in Asheville.

We have advices from Raleigh, North Carolina, and Cleveland, Ohio, that they are giving prizes to the boys for the delivery of dead flies by the thousands or by the quart, to the Health Department, but this does not disturb us, for one of our Distributors can hatch out more flies in one stable properly prepared for our business in one month, than all the boys in the city can kill in a whole summer, and in the meantime distribute Typhoid Fever, Dysentery, Summer Complaint, Tuberculosis, and other infectious diseases to thousands of people and cause many deaths.

You will remember that hereafter we will all vote the Republican ticket, because our "business is being seriously interfered with." We have recommended that all these health cranks who are fighting Dirt, Death and Dis-

ease be allowed to resign with Dr. Wiley, but they pay no attention to us, they just smile and keep everlastingly at it. We made overtures to the National League for medical freedom and thought we could form a great combination with the patent medicine fakirs,—we found that the end results of our work and that of the patent medicine concerns were the same—DEATH! but the people will not listen to us.

One more word about Asheville and we are done with her forever. You are instructed to counteract if possible the information that is being sent out from that point detrimental to our business. We would not be surprised at any moment that an edict should be sent out from the Health Department of that place "dissolving" us, body and soul, and it would be known around the world as fast as the telegraph, cable and wireless could carry it, for the daily papers and the leading magazines, throughout the United States are talking about how they have annihilated us at Asheville by the single rule of cleanliness, and the news has gone to France and Australia, and it looks like we can see our finish. You are hereby ordered and instructed to cut that blame town off your list. If you should pass thru there on the Southern Railway, don't even get off for lunch, for you couldn't find a crumb or a bite of filth. Asheville is no fit place for a fly to live! She is too durned clean!

Herein fail not at your peril,

W. E. KILLPEOPLE,

Attest: Director General.

F. ILTH,

Adjutant

(With Apologies to Life).



A request for our health literature comes from Australia this month. Of course we sent it. We desire to do all the good we can to all the people we can, beginning at Asheville.

THOUSANDS OF BABIES die every summer from diarrhoeal diseases that would not die if the suggestions of this picture were carried out. Do you want yours to be one? If not, inform yourself.

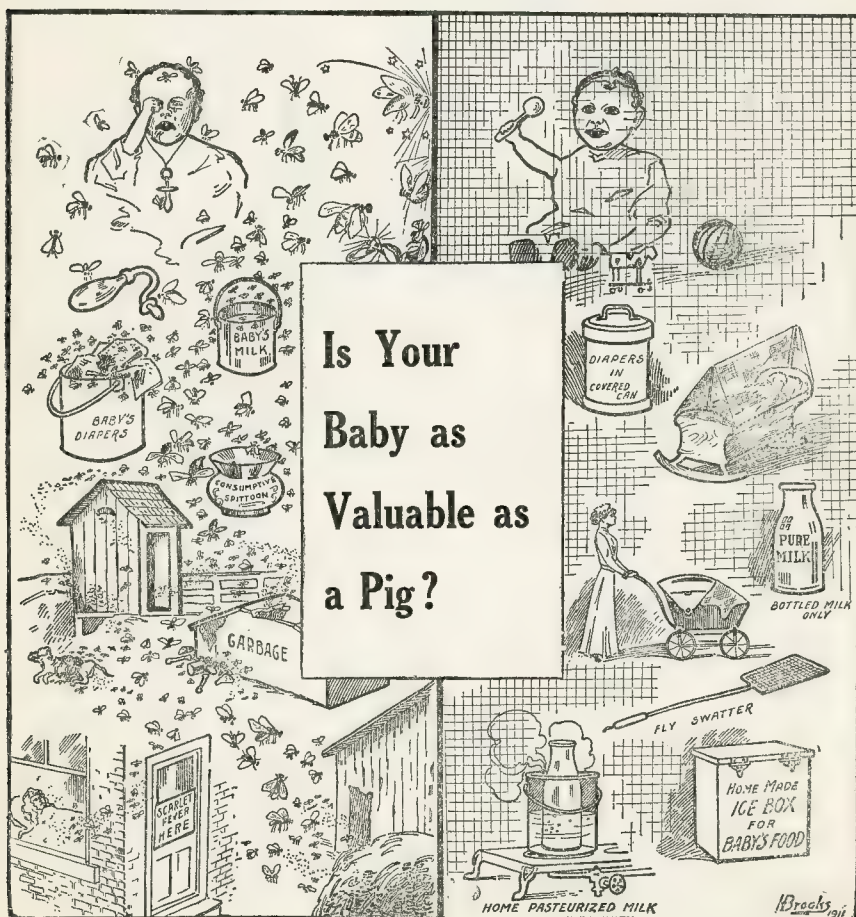
PROTECT YOUR BABY FROM FLIES

FLIES

FOR FILTH AND
FEVER

T SCREENS

FOR CLEANLINESS
AND HEALTH.



BULLETIN

OF THE

HEALTH DEPARTMENT ASHEVILLE, N. C.

No. 10

Entered as second-class matter, September 28, 1910, at the Post Office,
Asheville, N. C., under Act of July 16, 1894.

Nov. 1911

ASHEVILLE opens wide her doors to the sick and the well from every clime, but she ***demand***s that the sick shall so comport themselves that they shall not become a menace to the health of her citizens or the stranger within her gates.



“HEALTH is the essential factor in productiveness, prosperity and happiness, and hence in the advancement of civilization.”

—*Sir Frederick Treves.*



“A STATE, County or City which will not prevent what can be foreseen, is open to an indictment.”

—*Munsterberg.*



Health Department City of Asheville

BOARD OF HEALTH.

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EXECUTIVE OFFICERS.

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 Phones: Residence, 124; Office, 390.
 W. H. BIRD, Sanitary Inspector, Phones:
 Residence, 374; Office, 152; Stable, 294.
 L. M. McCORMICK, Meat and Milk Inspector,
 Phone 152.
 EENESE ISRAEL, Sewer and Plumbing Inspector.
 W. FRANCIS, Water Superintendent.

The Necessary Equipment of a Health Officer, and His Value to the Community

The following paragraphs taken from an article by Dr. Geo. W. Goler, in the September issue of the Journal American Public Health Association, speaks the truth so forcibly that we take pleasure in quoting therefrom:

“In dealing with the child the health officer must be able to form concepts of what might come to pass in a new order of hygiene and sanitation when as much attention will be given to the health and life of the child as we now give to the preservation of the life and health of plants and animals.”

“The modern health officer, aside from the scientific training in medicine and social service necessary to fit him for the practice of this arduous branch of the new medicine, must be possessed of the executive ability, that en-

thusiasm and judgment that shall enable him to conduct successfully an office so pregnant with possibilities for the good of his municipality.”

“This man, on whose skill and judgment you rely for action in times of stress is the man who is usually the poorest paid and the most frequently damned citizen of your city. The worker in other lines has his compensation measured by the result he is able to accomplish, but it is not so with the health officer.”

“To do his work well, he will not only have to exercise all the knowledge he has, but he will have constantly to accumulate new knowledge by frequently attending meetings and conventions of sanitary and social workers.”

“He will also have to do a large amount of research work, both directly and through the labor of those in the laboratory. The equipment of the modern health office, the employment of laboratory workers, and the purchase of apparatus, all cost money, and in the beginning it may be difficult to get all the money necessary to man and equip the various divisions of the department where advanced work should be going on for the solution and interpretations of questions relating to the public health.”

“To the city of his service he has usually given the best that is in him, and his labor has been of inestimable value to the life and health of the people of the community; but more than that, if well done, it has been of economic value by lessening the burden which the city has had to bear in caring for the sick, supporting the widowed, the orphaned, and the fatherless, in hospitals and other institutions, through private and public charities. **Even more than this, the economic value of**

his work serves to attract attention to the city as a city of the well; and the advantages of a city where Health is high and deaths relatively infrequent will be in the time to come, if not now, more than the advertising advantages of bill-boards and newspapers."



"Our cities are beginning to learn the lesson that our insurance companies are learning, and just as the insurance men have realized that it is better by care to keep their policy holders alive to pay the premiums, than it is to let them die and have the companies pay death claims, so our cities are learning that to grow in population and in importance it is not only necessary to attract new citizens, but it is necessary to take care of the health and lives of those they have."



We desire to commend the cleanliness and general sanitary condition of the barber shop of Perkins & Williams, No. 1 Patton Ave. They use an individual hot towel for each customer. They also use a soap powder instead of a cake of soap. The mug and brush are cleansed with hot water every time after being used. And fresh supply of soap powder is used for each customer. No city that we have ever visited has better barber shops than ours. But the facts stated above are worthy of special mention; and we hope ere long to see the other shops in the city fall in line.



Our bakeries continue to improve. Zindel's Bakery, No. 90 Patton Ave., has made a number of improvements in their bake room, the principal one being the laying of a concrete floor.

It is rather strange, but the people of Asheville seem to prefer having their bread handled by the drivers, who must of necessity care for their horses, and have their hands at all times in a condition unfit to handle bread, rather than have the bread wrapped before it leaves

the bakery. The bakeries are perfectly willing to wrap the bread if the people desire it.



Absence of County Health Work

On Tuesday, Nov. 7th, a committee from the Buncombe County Medical Society composed of Drs. Glenn, Ambler and Tenant, met the county commissioners to plead with them to employ the county health officer to carry out the rules and ordinances passed by the County Board of Health. They also presented a petition from citizens of the county making the same request. In the course of the discussion one of the commissioners asked "what is the matter with the country doctor?" It so happened that Dr. H. G. Brookshire of Leicester was present, and upon request of Dr. Glenn elucidated very clearly the great need of a real health officer to help the country doctor help the people. Dr. Brookshire told of children who had had scarlet fever, but not being very ill, had not been treated by a physician, therefore had not been reported to the county health officer. These same children were attending school, communicating the disease to those with whom they associated, while the cases he treated felt that they were discriminated against, because they were properly quarantined. The probabilities are that the fathers and brothers of these children are bringing butter, eggs and vegetables to your home, and that these may give your children scarlet fever. The County Board of Health has passed Ordinances, rules and regulations that would prevent this, but our county commissioners refuse to allow them to be put into effect.



On Tuesday, Nov. 7th, the County Board of Health called upon the County Commissioners and presented copies of the ordinances, rules and regula-

tions passed by the said County Board of Health in regard to health work and the prevention of disease in the county, with the request that they employ the health officer to carry these rules into effect,—which by-the-way, they have not done up to this date.

Prof. A. C. Reynolds, County Superintendent of Public Instruction, being ex-officio a member of the County Board of Health, was present, and being called on made a speech that should ring in the ears of the commissioners to their dying day. He said, "In the summer of 1910 a young lady went into the Sandy Mush community in this county, ill with typhoid fever. From this case forty cases developed, with four deaths, two of the deaths being men who were among the best and most substantial citizens in the county. This epidemic of typhoid completely broke up one of the county schools, and so badly crippled 2 others that the sessions of these were almost useless." Prof. Reynolds said that on a very conservative estimate, this epidemic cost the county of Buncombe \$50,000, (and the probabilities are that if the cost were accurately figured it would reach \$100,000.) and it is such as this the Board of Health of Buncombe County desires to prevent. There was no need of those forty cases of typhoid fever. Every one of them could have been prevented. There was no need of those four deaths; all of those useful citizens could have been saved to the state, county and community. And it is such valuable work as this that the County Board of Health asks the commissioners to provide for.



Health Department Scout

"For until the physician, who is really the scout of the public health service, reports the location of the enemy, all our paraphernalia with all its elabo-

rate organization, is at a standstill." God bless the physician. His duties are many, his responsibility is great, and a more faithful set of men have never, and will never be found.



We are having a few sporadic cases of diphtheria and scarlet fever; most of them very widely separated. We advise all parents in the city to be very careful of any eruption or sore throat. Any child who goes to school with a sore throat will be sent home until it is definitely determined by the family physician that the sore throat is not diphtheria, so it is better not to send the child to school with a sore throat but call in your physician and have the matter looked into. The same course should be pursued in case your child has a red eruption of any kind anywhere on its body.

The above is written as a matter of precaution. There is no epidemic of diphtheria or scarlet fever, and apparently no danger of one. To be accurate, there are three cases of diphtheria and five of scarlet fever.

There is considerable scarlet fever and diphtheria in the county. We are informed that some of it is not under quarantine. It is possible for the farmer who sells you butter, eggs, etc., if he should have a case of scarlet fever, diphtheria, or typhoid fever in his home, to bring it to your children, and to you through the above mentioned articles. We would therefore advise you to inquire of the farmer who supplies you with country produce, etc., every time he comes, whether or not he has any sickness in his home, and if so, what kind.



There has been an epidemic of Anterior Polio Myelitis in Cincinnati, there having been some thirty or forty cases within the last six weeks. This

is simply mentioned to call the attention of the physicians of the city and county to the fact that it might easily be transferred from that point to us.



The bacteriological examination of milk is the final test of whether or not the milk is clean. By this is meant the number of bacteria in a cubic centimeter (15 drops) of milk. We expect to begin applying this test to samples of milk from every dairy furnishing milk to Asheville, in the near future, probably about March 1st. And we will publish either in the Bulletin or the daily papers, possibly both, the standing of each and every dairy in regard to this matter, so that the people may be thoroughly informed where they can purchase clean milk. It might be worth while for the dairymen to begin to prepare for this.



The Catawba Creamery, Hickory, N. C., is a great success from every standpoint. The butter is as good as the best, therefore it is in great demand. It sells at a good price, naturally so. On the Asheville market it sells at 35c per pound retail, and I suppose the creamery wholesales it at 28c or 30c at their plant. Best of all, this creamery is a co-operative concern, owned by the farmers of Catawba County, or perhaps that part of them that supply the cream, or it may be operated by the local farmers alliance,—but our information is that it is owned by a stock company, and the stockholders are the farmers who supply the cream. The farmers of Catawba County have been and are studying the best methods of dairying. They require every farmer who furnishes cream for this dairy to have every cow in his herd, whether he owns one or many, tuberculine tested. They are improving their stock, most of them now own Jersey cows, and they are adopting the

latest and best methods of dairying; improved barns, with concrete floors, building silos, requiring thorough cleanliness in milking and handling the milk, etc.

"What man has done man may do." What Catawba has done, Buncombe may do. There are a great many farmers in Buncombe who sell buttermilk and butter on the Asheville market. It seems to me that these and others might get together and start a creamery at once. This creamery might be conducted in connection with the co-operative store started recently by members of the farmers alliance. But we did not intend to give advice to our farmer friends on business methods, but wanted to call their attention to the great success of the Catawba Creamery, conducted by the farmers on the co-operative plan and express the hope that the farmers of Buncombe might "go, and do likewise."



Milk as a Food

ITS SOURCE. For our purpose we might say that the use of cows milk is so general in this country that it is unnecessary to consider any other kind except that of the human, commonly known as mothers milk.

VALUE AS A FOOD. That milk alone will support life will not admit of debate, for has not every one of us subsisted on this food for the first year of our existence?

NUTRITIVE VALUE OF MILK AS COMPARED WITH OTHER FOODS. The value of milk for nourishment is not as generally understood as it should be. Many people think of it, for adults at least, as a beverage rather than a food, and do not realize that a glass of it adds as much to the nutritive value of a meal as a quarter of a loaf of bread or a good slice of beef. A quart of average milk contains the same amount of nutritive

ingredients as 0.75 of a pound of beef or six ounces of bread. To put it in another way, about one-eighth of the whole weight of the milk, one-third of the beef, and two-thirds of the bread consist of actually nutritive ingredients. The other seven-eighths of the milk and one-third of the bread are water, while two-thirds of the meat which is not actual nutriment is mainly water, though in part bone.

One of the most common statements regarding milk is that it is a "perfect food." In one sense this is true, but in another it is not. The normal milk of any mammal may be perfectly adapted to the nourishment of its offspring, but the milk of a mammal, such as the cow, is not necessarily a perfect food for the young of another species, such as the human infant; nor is any milk a perfect food for a healthy adult of any species. Though an extremely valuable food, differing from all others except possibly eggs in that it contains fairly good proportions of all the ingredients necessary for the building and repair of the body and for supplying it with energy for its activities, the ingredients are so diluted with water that it would require a large quantity (4 or 5 quarts each day) to meet the needs of the adult body, and to get the required amount of energy from milk unnecessary quantities of protein must be consumed. Furthermore, healthy digestive organs can do their work better when at least part of the food is in solid form. Even for adults, however, milk alone can support life for a considerable time, if not indefinitely, but its chief value is in combination with other foods; not as a beverage merely, but to supply in part the material needed for the body. For infants it is almost indispensable, and for invalids it is a nutritious, easily digested food, which the physician can readily control.

SKIM MILK and BUTTERMILK.

These two kinds of milk are for all practical purposes of equal food value, hence we will consider them together. The principal difference between whole milk and skim milk is the loss of nearly all the butter fat to the cream. But skim milk retains practically all the protein, which in an inexpensive meal is the expensive part.

The commonly accepted standard for a man at moderately active muscular work calls for .33 pound of protein and a fuel value of 3600 calories a day. If a man eats three meals a day he would necessarily take about one-third of this at a meal, or .11 pound of protein with a fuel value of 1200 calories.

A good inexpensive meal:

Amount	Cost	Protein	Calories
10 Ounces bread	4c	.06	700
1 Qt. skim milk			
or buttermilk	2½c	.05	500
	6½c	.11	1200

Thus you see you can get a meal of bread and milk with the proper food value for 6½c.

Now let's compare skim milk with other articles of diet: one pound of round steak at 18c has the same food value as 2½ quarts of skim milk at six cents. One quart of oysters at 50c has a little less food value than two quarts of skim milk, or buttermilk at five cents. The crux of the whole matter is that milk is the cheapest article of diet obtainable in proportion to its food value, save only perhaps beans and peas, and when properly handled from the producer to the consumer is probably the best.

Had you ever thought of the distance from the producer—the cow—to the consumer—the child? Contrast that with nature, and think of the mother as the producer and the child as the consumer.



The death rate in Washington, D. C. in children under two years of age has been reduced 40 per cent since the en-

actment and enforcement of milk and dairy inspection ordinances, similar to those now enforced in Asheville.



Milk Laws of Asheville

are founded on Charter Rights of the city which give the joint Health Board full legislative authority "to prescribe and adopt rules and regulations governing and controlling the production and marketing of milk, and other dairy products sold within the city." Private Laws 1901, Chap. 100, Sec. 32.

In exercising this authority the Joint Health Board provides (Sec. 511-525 Bourne's Code):

1st. A standard of quality, penalizing the sale of milk to which water or any other foreign substance has been added, that has been skimmed, or concerning which any misrepresentations have been made; and defining skim milk, cream, etc., and the conditions under which they may be lawfully handled.

2nd. Milk from diseased cows, or cows kept in unwholesome surroundings is prohibited.

3d. No person suffering from, or coming in contact with other persons having a contagious disease may sell milk.

4th. All dairymen and dealers must promptly notify the Board of Health when a communicable disease develops in their family, or among their employees.

5th. No milk shall be bottled on the wagons, on street, or poured from one vessel to another except in a regular milk room of a dairy, or in the customer's home; milk tickets shall be used but once; no milk bottles or other receptacles shall be removed from a house where any contagious disease exists without authority of the Health officer.

No person shall return to any milk producer unclean milk vessels or bottles. Sale of milk from dairies that

score below 45 on the U. S. Department of agriculture standard score card is prohibited. (This score card provides points totaling 100 for perfect conditions of dairy.)

All dairies shall be licensed annually, and no person shall start a milk business until such license is obtained. Licenses are not transferable.

The milk inspector appointed by the Joint Health Board, shall see that the provisions of this law are complied with by all dealers and dairymen.

The milk inspector makes frequent examinations of milk on the delivery wagons, and condemns on sight any milk found with a visible sediment in the bottles; or for any other reason unsatisfactory. He is also required to visit all dairy farms at frequent intervals, and note conditions found there, checking and ordering corrected anything found unsatisfactory. Frequent samples of milk are taken from the wagons and chemically analyzed for purity in the laboratory. All dairy cattle are tested yearly for tuberculosis, and any suspicious animals are weeded out.

The dairymen are required to use all possible vigilance in protecting their product from contamination, of any nature, and it is believed that Asheville gets from her dairymen a sound fine article.

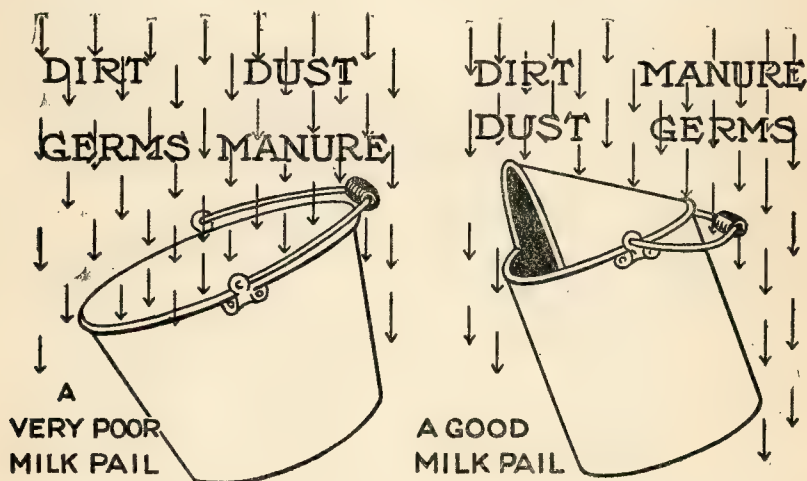
But the safety of the milk does not end with the dairymen. Care must be taken that it does not become contaminated after it reaches the home.

Safety in the home depends on the cleanliness of all vessels in which milk is kept. The best of milk will quickly spoil if left in open dishes outside of a clean, sweet refrigerator. A refrigerator which should be immaculate is frequently only a cold storage plant for—? Your nose will tell you. Ventilation is impractical in its construction, and scalding water should be frequently used to correct this defect.

UTENSILS AND EQUIPMENT

The utensils are a very important part of the dairyman's equipment. The cans and pails should be well built, with seams well flushed with solder, or, better still, no seams at all. All utensils require the most careful attention in regard to cleaning and sterilizing. They should be thoroughly washed and subjected to live steam or boiling water then inverted in pure air. The kitchen stove rarely answers the purpose for

Some form of small-top or covered milk pail is very important in milking. The cut illustrates the advantage of the covered pail over the ordinary open pail in keeping dirt out of the milk. W. A. Stocking, Jr., made tests with open and covered pails in a stable where but little care was given to cleanliness, and found that milk drawn in the open pail contained an average of 3,439,300 bacteria per cubic centimeter, while that



heating water for the reason that the amount so heated is usually limited, and by the time it is taken to the place where the washing is done it has become too cool to have any effect as a sterilizing agent. A large hot-water tank or a boiler is necessary for the purpose. It is important that the water used in cleansing be pure, as contagious diseases have frequently originated from water used in washing.

drawn in the covered pail contained an average of only 103,600.

A metal stool for milking is more desirable than a wooden one. It is less cumbersome and far more sanitary.

A milk cooler is another important part of the dairyman's equipment. The cooler must be kept clean and should be kept in the milk room, which milk room must be entirely separated from the cow barn.

BULLETIN

OF THE
HEALTH DEPARTMENT
ASHEVILLE, N. C.

No. 11

Entered as second-class matter, September 28, 1910, at the Post Office,
Asheville, N. C., under Act of July 16, 1894.

Dec. 1911

ASHEVILLE opens wide her doors to the sick and the well from every clime, but she ***demand**s* that the sick shall so comport themselves that they shall not become a menace to the health of her citizens or the stranger within her gates.



“A DEAL of health progress is blocked because some men have their wish-bone where their back-bone ought to be.”

—*Healthologist.*



“PRECEDENT is the moss-grown rock over which progress stumbles in its onward course.”

—*Healthologist.*



“PUBLIC health is the foundation on which reposes the happiness of a people and the power of a country. The care of the public health then, is the first duty of a nation.”

—*Lord Beaconsfield.*



Health Department City of Asheville

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W. H. BIRD, Sanitary Inspector, Phones:
Residence, 374; Office, 152; Stable, 294.

L. M. MCCORMICK, Meat and Milk Inspector,
Phone 152.

ERNEST ISRAEL, Sewer and Plumbing Inspec-
tor.

W. FRANCIS, Water Superintendent.

A Visiting Nurse For Asheville

We learn with great pleasure that the Associated Charities have provided for a visiting nurse. We are frank to say that there is no one thing more greatly needed in Asheville at this time than a visiting nurse, and we congratulate the Associated Charities on being able to begin this work. And more particularly do we congratulate the people of Asheville in having this nurse at their command.



The Biblical Recorder of Nov. 29, 1911, Says:

"It is estimated that if vaccination had never been discovered, physicians would to-day be making \$1,000. caring for small-pox patients where they now make \$1.00 for vaccination. The good physician is truly a benefactor of his race." So say we all.



Exercise sets the machinery going.

The Deadly Nursing Bottle

The Press dispatches bring the news from "educated" Boston that a baby was killed by falling out of the baby carriage and striking its head on its nursing bottle. This was considered of sufficient importance to be telegraphed to the newspapers throughout the United States. Hundreds of thousands of babies have been killed by nursing bottles, by failure of mothers to keep the bottles clean, and by failure to provide the proper kind of milk—clean milk.



Civic Organization For Asheville

We are much pleased that the ladies are forming a Civic Organization for Asheville. I have never been quite able to understand why the ladies of Asheville give their entire time to the study of the works of authors of ancient days when there was so much more valuable work to be done in the present. We welcome them, and shall expect much valuable work of them. This is a day of advancement and progress; and the influence of good women will be of much value in bringing about civic righteousness.



Unheeded Warnings

From time to time every Health Department sees striking instances of the penalty decreed by a higher power than ours, for willful or even ignorant violation of nature's laws of health. Human laws and penalties of fine or imprisonment are comparatively insignificant, but we are struck with awe when nature's inexorable law demands satisfaction and exacts the last dire penalty. Not in ancient Egypt alone has the first born and best beloved been relentlessly stricken, as the penalty for parental wrongdoing.

Not so long ago a little child was ailing, and its physician said the disease was scarlet fever. But the attack was so mild that precautions seemed needless, and little heed was paid to the physician's injunctions. Even less respect was shown the warning sign placed upon the door by the Health Department, for a neighbor also had no fear of contagion from so mild a case of alleged scarlet fever. Forbidden visits were paid and a little child was attacked in the neighbor's home. Much surprise was felt, when the second case proved not to be a mild one. The little victim died, and now grief and remorse reign in two homes.

One instance is enough though many might be related. This is the season when scarlet fever and diphtheria make their annual ravages. The little signs of warning are placed here and there on doors in every city in the land. Those who heedlessly disregard the warning might appropriately be left to their fate if they alone were endangered. But unfortunately they in turn transmit the infection to other homes and endanger other lives. Will you not heed the warning? And will you not report to the Health Department any violation of the quarantine laws? The Health Department has not enough inspectors to watch every case of contagious disease all the time, and many violations of the regulations must occur, unless some one reports the facts. We will not divulge the source of our information and will carefully shield our informants from embarrassment. (Roanoke, Va. Health Bulletin.)



Human Life Too Cheap

Our townsman, Judge Frank Carter, while holding court in Robeson County the other day in his charge to the Grand Jury, said, that "Life is too cheap, there has been a greater number

of homicides during the last five years in this county with its 50,000 inhabitants than in all the Dominion of Canada with its six million inhabitants."

This has been commented on by the press throughout the State. The Charlotte Chronicle delivers itself as follows: "This statement is one that should cause pause and shows there is need of a crusade to make people have a greater regard for human life. Somebody said not long ago that in parts of this country human life was the cheapest product. It ought to be the most precious and conserved more than any other." We venture the assertion that there are over 1,000 deaths in the State from preventable diseases to where there is one by homicide, and some one or more persons, is as criminally guilty for the deaths from preventable diseases, as are the persons who are responsible for the homicides. What is the State going to do about it? What are the towns and counties going to do about it? Asheville is spending \$25,000. this year in her work for the prevention of disease, and realized twice that amount in the saving on typhoid fever alone. Buncombe County is spending nothing — nothing — The County Board of Health has done its duty, but the county commissioners will not provide the small amount of money necessary to carry out ordinances, rules and regulations passed by the County Board of Health.



The Cheapness of Human Life

Much has been said by the press throughout the United States during the past two months about human life being too cheap. The suggestion for such editorials have come from the slaying of husbands by their wives, wives by their husbands, sweethearts by their lovers, and even whole families by a father or mother, and then a

very large per cent. of those guilty of causing these deaths being set free by due process of law. It is wise and proper that the press should lift up its mighty voice against this epidemic of homicide. Let me ask if it is any worse for a man to kill his fiance with cyanide of potassium than it is to kill her with tubercle bacili? Is it any worse for a woman to kill her husband with a pistol as did Mrs. Patterson in Denver, than to kill him with typhoid bacili, as did Mrs. _____ in Asheville last summer? Not only did this woman kill her husband last summer in Asheville, but she gave the disease to six others and thereby caused much suffering and an expense of approximately \$1,000. Did you say this woman is guilty of murder? No she is not. She did **not** do this with malice aforethought, but out of the kindness of her heart, **through ignorance**. Some new neighbors moved into her neighborhood ill with typhoid fever, and out of the kindness of her heart she went and ministered unto them; she went home milked her cow, churned her milk, and worked and cared for the butter, and that without properly disinfecting her hands, and she fed this buttermilk and butter to her husband and sold it to her neighbors, and they did eat. Result:—Her husband and six of her neighbors ill with typhoid before the Health Department could check up the cause—the husband dying. You say the Health Department is equally guilty with the woman, or at least guilty of contributory negligence—we cannot deny it; we cannot even utter a demurrer; we must therefore be guilty. We should have taught her the danger of the way she was conducting herself. We are anxious that every man, woman and child in Asheville shall know the danger of communicating typhoid, and how to prevent it, but we didn't know this woman was selling milk and butter until the

harm was done. Then you charge, your law is at fault. We are forced to plead guilty again. When our milk inspection law was passed due consideration had to be given the dear farmers and the citizens of the town who kept their own cow, and they must be exempt from the law.—Therefore the housewife who keeps a cow in Asheville and sells milk to her neighbors, and the farmer who sells butter and buttermilk on the Asheville market once or twice a week is exempt from our milk inspection laws. **Moral:—**You had better be interested enough in yourself to find out whether your butter and buttermilk is produced amid proper surroundings. Yes, human life is too cheap; but we again submit, that the man who kills his fiance with tubercle bacili is equally guilty with the man who kills her with cyanide of potassium; and the woman who kills her husband with typhoid bacili is equally guilty with the one who kills her husband with a pistol.

We predict that ere long the public will become so well educated and the public conscience so quickened on the subject of the prevention of disease that the associated press will handle the poisoning of people with typhoid bacili just as they now do the poisoning of people with cyanide of potassium or arsenic. How would you like to see every leading daily paper throughout the United States carry an Associated Press item like this, "A woman kills her husband in Asheville, N. C., and poisons six of her neighbors with typhoid bacili. The woman is committed without bail."

The Health Department solicits the co-operation of the people of Asheville to the end that our citizens shall become so well acquainted with the means of preventing disease, that such an occurrence as above mentioned will be impossible—to that end we will ever labor.

Good Roads Versus Good Health

The county commissioners spent \$200. so we are informed, in touching off one blast a few days ago in a cut on Saddle Pack Hill. We are informed that the grading of a few miles of road, from Blackstocks to Democrat will cost the commissioners near \$20,000., and the sand-clay or Macadam must be applied later. If Macadam is used it will probably cost some \$15,000. more to complete these four miles of road making,—a total cost of \$35,000. Is that expensive? Yes, but it is worth the money.

What are our county commissioners doing for the prevention of disease in the County? Nothing.—Nor will they let any one else do anything. Their policy seems to be “millions for public roads but not one cent for public health.” In our October issue we quoted from Prof. Reynolds where he said one epidemic of typhoid in a community on Sandy Mush cost that community \$50,000. The same has been true of Reems Creek, Swannanoa, and only a few years ago of the Ivy section—where they are building these expensive roads. These \$50,000. and four deaths on Sandy Mush could have been saved by an outlay of \$75.00 or \$100.00. If the county commissioners would appropriate \$2,000. (perhaps less) annually to health work in the County they would save the citizens of this county enough dollars in ten years to build a well graded sandclay or macadam road to every man's house in the County,—and this does not take into account the pain, and suffering and death of her citizens.

How much longer will the county commissioners delay this most important work?



Give the pores of your body their right to breathe and they will help you hold your health.

Dr. P P Claxton, U. S. Commissioner of Education, in his annual report to the Secretary of the Interior, June 30th, 1911, has this to say:

“Twenty million children and young people in the United States spend a good portion of their time in school every year. The indoor sedentary life required by the work and discipline of the school is more or less unnatural for childhood and youth, and unless the conditions under which the school work is done are intelligently controlled, there is constant and grave danger that the health of the children may be injured, and their vitality lowered, and their happiness and their value as citizens diminished throughout their lives. Modern science has brought to life many important principles of health, the means of the application of which should be known to all teachers and school officers. The Federal Government should give to the health of its children and future citizens not less care and attention than it gives to the live stock of the country. To this end there should be in this bureau, a specialist in school hygiene and sanitation, and he should have assistants and clerks to enable him to do this work effectively.”

We congratulate Prof. Claxton on taking the proper stand in the conservation of the health of school children. Prof. Claxton was at one time Superintendent of our graded schools here, and his many friends have taken much pleasure in his advancement from time to time; and are greatly pleased at this time to know that in his new position as Commissioner of Education he will have such splendid opportunities for doing great good to the people throughout the United States.



Health is not put up in bottles; neither can it be bought at the corner drug store. It is not contained in patent medicines.

Dr. E. A. Alderman, President of the University of Virginia in an address before the Seaboard Medical Association at Newport News, Va., Dec. 6th, had the following to say in reference to the value of public health as it effects children in the public schools.

"That Compulsory physical examination and treatment of school children in an organized scientific way is the most fundamental sanitary reform of our era." That it was his purpose to send out from the University of Virginia a trained and capable man to preach that idea and demand the service throughout the state?" "There are to-day in Virginia," he said, "300,000 white children at school. Sixty per cent, or 180,000 of them are unable to take full advantage of their educational opportunities by reason of some physical defect. It follows logically that some sensible and wisely planned system of compulsory medical school inspection should be instituted by legal enactment and generally adopted. The plan has been tried in nine of our States, and in 180 American cities in greater or less degree. In the South it is as yet almost untried.

"There was a feeling once that these proposals were in direct interference with the liberty of the individual and the rights of the family physician; but that is no longer the chief difficulty. This rather lies now in securing competent physicians and nurses who can devote sufficient time to this work, on the inadequate salaries boards are willing to pay. The practitioner need not fear it as an inroad on his business. His fundamental business is to promote health, and the time will come when every family will retain a doctor as a corporation retains a lawyer, to keep it well and guide it to intelligent ways of life."

"The glory of our age is that it has placed the child foremost in the center

of regard, not only of the man of letters or the man of art, but of the economist, the statesman and the scientist. The grown folks may sometimes be past saving, but through the child the State is forever renewed and made strong and virile. The physical condition of the child during his school life is the prime consideration, for without health all else is of no avail."

Reminding the doctors of the exalted nature of their calling, Mr. Alderman said: "The medical profession stands in a class all by itself among human callings. Its ancestry is as old as pain and suffering; its slow and blundering but majestic progress through the ages, since the Greek intellect gave it birth, illustrates so impressively the triumphs of the human mind and the human spirit; its service to mortal man has been so immeasurable, that merely to laud it is to touch it with the commonplace." Of the modern doctor he said: "What the priest was in the ages of faith, the soldier to the turbulent military epoch, and the lawyer to the beginners of organized government, the doctor is destined to be in the era of peace and industrial democracy. Indeed one must hark back to such epic figures as Hildebrand or Justinian, or Napoleon, to find just comparison with the great figures of science whose achievements change the fate of empires and effect the peace and happiness of millions."



The Care of Milk in the Home

Food sometimes becomes dangerous in the home unless care is taken to protect it. This is especially true of milk. Many cases of intestinal diseases among babies are due to milk that became dangerous and unfit for food after the milkman had left it at the door. Of course, the first responsibility lies with the dairyman in the country and the dealer in the city. But assuming that

both of these have done their full duty and have delivered the milk clean and safe at your door, it then becomes your duty to keep it so. Here are some of the things that you should do to protect your own milk supply:

Provide a covered box in a cool place where the milk will be protected from sun and flies.

In warm weather take the bottles in as soon as possible after delivery.

Wash the cap and outside of the bottle with clean, cold water. Then place in the ice box which should be kept clean all the time.

Do not keep onions, fish or other food products which impart their flavor to milk in the same compartment.

Do not remove the milk from the ice box until you are ready to use it. Take out what may be needed and replace the bottle on the ice at once.

When the milk has been used, wash the bottle in boiling water and keep in a clean place until taken by the dealer.

Good dairies are kept cleaner than many pantries.

Give your milk vessels your personal attention. The dairymen dares not trust his servants, and you should not trust yours too implicitly.

Milk vessels when not in use, should be inverted in a clean place free from dust. They should be aired daily in direct sunshine.

The baby's bottle should be washed immediately after each feeding, and it is best to boil them after they have been thoroughly washed. Keep them well placed in a clean place. They should be sunned and aired thoroughly.

When there is a case of contagious disease in your home, have the milkman pour the milk from his bottle into your own vessel, and do not allow him to leave milk bottles at your home until after the case is fully recovered, for the bottles may become infected with the disease in your house and transmit it to other persons.

Never take milk from a neighbor who has a case of contagious disease in his household, or who has recently had one. This summer one housewife caused seven cases of typhoid fever in this way.

The way to produce good milk is to have clean cows, clean barns and milk-houses, clean utensils and vessels, and to keep the milk always clean and cold.

The way to keep good milk is to handle it as little as possible, and then only with clean hands and in clean vessels, and to keep the vessels in a clean place and to keep the milk always cold. Do not keep it too long, and never mix fresh milk with that which is stale. Take the same care of your milk every day in the year.

Visible sediment or dirt in your milk ninety-eight times out of one hundred means cow manure.—You do not want to drink this do you? If you find the sediment in your milk bottle, send it to the Health Department Office with the name of the milk dealer, and we will do the rest.

If you return a dirty bottle to your dairyman, it is his duty to bring that bottle to us. The law of the city provides a penalty for returning dirty bottles to the dairyman.

There is a natural law against the use of dirty milk vessels and the baby pays the penalty.

Milk absorbs impurities of all kinds and collects bacteria whenever it is exposed to the air or placed in unclean vessels. Some of these may be the bacteria of certain contagious diseases, others may cause the digestive troubles which kill so many babies during the summer months. The dangerous germs that get into milk multiply with almost incredible rapidity so long as the milk remains warm. Keeping milk cold retards or delays their growth. This means that the two important things in insuring safe milk are that it must be kept **clean and cold**.

THE HOG vs. A HUMAN BEING

